

The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS (SHORT FORM)

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The 12 steps have been rewritten in many different ways including 12 steps for dummy's. The whole premise is to work them like working on a troubled marriage is to distract and keep the couple busy; not resolving their problems; same for AA. This stuff keeps people occupied in meetings, studying propaganda, buying their products, and busy work with cult activities like church or any other cult.

AA IS A CULT.
~OR~

Everything you ever wanted to know about AA but feared to ask.

We have been lied to by society since birth. Parents cannot teach what they do not know. Moreover, they can only teach what they do know, which was the same social conditioning and lies taught to them since birth. We like they, as children, learned from

their parents before being entrapped by the **matriarchal** system of education, religion, social systems, and mass media of their eras; so were we.

It takes a village to raise a child is a meaningless political meme in today's society. I think Hillary used that as an impressive buzzword in 2016 elections. Her groupies went wild with a new meaningless idiom to parrot impressing their phony friends using. Meaningless except to impress by parrot among the simpleton groupies following identity politics. Except that phrase and village influence is a whole country and in some cases the whole world. Not in a good way. Before classless politics got into the act, the whole village or 'small town' tribe did raise a child as it were. Everyone was connected directly in some way with influencing a tribal-village's kids. Each individual was important as an *individual* and as one of the tribal-village community; not serving as political-identity gangs and mobs seeking power to control the rest of us. Nearly every individual touched tribal-village's children in some influential way. Each individual was the tribal-village group. At certain aspects of child development, rituals, ceremonies and visits to the tribal elders of both wise men and women for guidance and time tested content borne from ancestral knowledge over ages, indoctrinated youth progressing into puberty, with mentorship skills, tribal religion, lore and history, instruction of civic and personal duties to self and tribe, adulthood, sex & marriage, procreation, child rearing and more as sacred teaching of the tribe. The stories included most of life's personal changes and trials that usually the whole village underwent such as famine, war, diseases, poverty, etc. Each child became a valuable contributor supporting freedom of the tribe through vehicles such as these, and knew it. Tribal knowledge was not horded for power to the holder it was common to the whole tribe. It takes a village was meaningful to each tribal member's life for good of each person and whole tribe, which benefited each part of it; not as a catch phrase parroted by corrupt, pandering politicians and mass media political puppets seeking status, to divide and conquer for political exploit of the whole for self and special interest gain. Now the meaning is lost and so is this country as a whole for losing sight of its spiritual roots, and self as a country of individuals, which is now held insignificant to a mob rule of identity politics at expense to individual and tribal group freedoms in toto.

AA is like that. Addiction is a spiritual ill of ignorance and lack of impulse control of one's drinking for having lost his or her way. Not really a disease one catches like a cold; but, a learned habit, conditioned behavior and social ill driven by loss of the individual as a meaningful member of the collective tribe. AA is collectivist by nature. All that current US collectivist society values and acknowledges is the membership; same for AA group; a group whole of a nameless faceless mob demanding their share. The actual AA organization out of self-interest, demands the most from those it claims to help the most. Then convincing them they actually benefit the most. It goes with the political meme of the 60's 'ask not what AA can do for you, ask what more you can do for AA.' It means in both cases sacrifice more to your gods of country and AA. The individual is lost in there somewhere. S/he must go with the group flow as dictated by it if the person goes at all, which is earmark of a cult. If addiction is a disease caught off toilet seats, then losing one's religion or freedom is too. Organized religion concept works in the exact same way as AA and vise versa since AA patterned its group model from Oxford Group religious protocol; then after tweaking aspects of it bastardized Oxford's system into another organization: 'AA.'

AA big book is the cult's bible; like Christian text bible is to that religion. Both are books of old vague stories. Parables with a moral, as it were with rules; commandments of thou shalt and shalt not; lots of rules ¹dictated by the cult to control one's life enforced with the stick or carrot principle: reward for obedience and punishment for sin. ¹Self policing congregations or memberships enforce this through various social constructs for individual and group control via guilt, shame, ostracization, group inclusion/exclusion of cliques, peer pressure, *to name just a few of a very long list of suffocating controls*. Bill Wilson & founder of AA plagiarized his idea for AA from the Oxford Group, which was a closed religious order cult open to members only as a spiritual solution to alcoholism. This was Oxford Group's original, novel idea that topically seemed to work. AA seems to work on the surface, too. One needed a sponsor to enter the closed order. Bill W. infiltrated the Oxford Group and from that he created a bastard named AA. He petitioned Rockefeller industrial mogul for funding to expand AA into a bureaucratic empire of recovery centers, hospitals and so on. Bill W. had big plans as an ex-stockbroker or salesman and ex-alcoholic intent upon building an empire more than anything else. Bill W. was a con man. He had to establish his bastard plan as legitimate for it to work. He sought that through Rockefeller endorsement, funding and integrity to launch his program. He sought to legitimize his con using Rockefeller's reputation and good public opinion through recognition by association. Rockefeller spotted the con straightaway and declined Bill's request in toto. Among many other things, Bill's plan lacked commercial potential for a return of investment, which is why Rockefeller declined funding; Bill's cult was a risky 100% loss venture. He did not become a multi-millionaire being stupid with his fortune. So Bill W. had to build his empire another way one recruit or brick at a time just like organized religions and all cults do. Using born again alcoholics as salespeople, they met with other alcoholics who might be interested to enter Bill Wilson's recovery program. A few enrolled in AA club and communicated by word of mouth personal testimonials to encourage others to join AA. Unlike the Oxford's closed Group, Bill's AA had to be open to all alcoholics for it to get a foothold, work or grow at all. He held meetings at his and other member's houses. AA eventually gained a rag tag fragmented club of born again recovering alcoholics as a core membership and needed bigger meeting places to hold them. So AA rented churches and public halls to hold alcoholic rehab club meetings. Predictably, after novelty wore off, members dropped out and AA nearly withered and died many times until Bill met Dr. Bob also an alcoholic. He established alcoholism as a medical disease not a spiritual dis-ease, and created the disease model of addiction. That is when it established legitimacy as profitable disease replacing alcoholism as a character habit and immoral social dysfunction. The disease model became a profitable commercialized venture and return of investment vehicle. Stocks are that. Few people invest in a zero return or 100% losses. Without a return of capital and a profit for making the investment, few venture enterprises ever make it off ground zero. AA was a zero sum return investment until the disease angle gave it commercial potential. Dr. Bob lent more legitimacy to the disease model of addiction as an endorsing MD and enlisted more promotion from famous medical colleagues such as C. Jung. AA claimed to cure Alcoholism as a disease. The plan now had commercial potential as a profitable enterprise, and capitalistic commerce adopted Bill Wilson's bastard son, AA.

The disease model caught on with recovering alcoholics and medical industry for separate reasons. It gave addicts more denial to hide behind from accepting personal responsibility for their actions as being sick through learned helplessness. I'm sick and cannot help it as excuse for the person's drinking. People were convinced the alcoholic was sick and need medical treatment not mistreatment of being held accountable for his actions. Medical industry embraced AA as revenue enhancement 'treating' a new disease, which was especially attractive for budding mental health therapies, counseling and behavioral treatment industries buying AA as treatment and cure. Most rehabs are frauds. The more expensive treatment centers love bomb the addict with pampering in fancy facilities with sweet talking staff then release her as treated and cured. Relapse or recidivism is very high for these 'treatments' due to lack of consequences to addict for not staying sober; recidivism results in more pampering. The bare bone programs do not pamper an alcoholic. They are tough love with zero tolerance for addict nonsense conducted in no frills, drab, basic military boot camp condition by strict staff. Alcoholic recovery rate is higher because consequences for recidivism are higher to the addict. Returning to rehab hell or going to jail. I knew a man whose wife was an alcoholic, involved in legal problems, drunk driving, etc. His insurance plan paid dearly for her rehab many times then said no more. Rehab only encouraged her to return for spa treatment and pampering, not real rehab. She faced no consequences for her actions. The last drunk after a serious wreck while drunk driving, Judge sent her to county rehab not country club spa paid for by commercial insurance. She whined and cried like she'd been sent to hell. No flowers, bright colorful private rooms, staff kissing her ass, meals made to order brought to her room, private bath, toilet, etc. At county she entered a large, dimly lit, drab grey, open room of community cots and lockers in a military boot camp setting. No privacy, shared community showers, toilets, dining. No visitors at all, no phone calls, and she could not leave no matter how many childish tantrums she threw. Tough love from staff, obey or you go to jail. This is your last chance, loser. 'God,' you'd thought she was in a Nazi concentration camp the way the woman carried on. After a week she finally got with the program, and sobered up without recidivism. Falling off the wagon next time meant prison. **When she grew up accountable to consequences for her actions then she sobered up.** All rehab did was detox and kick her in the butt to mature, grow up and stop acting like a spoilt brat child to take personal accountability for her actions. Most rehab services are frauds, so is MHC. Pretending and playing a role for bucks at \$1000.00 or more a day pampering an addict while encouraging the person to remain that way instead of rehab. They have financial gain in keeping her coming back, just like AA. Some plans cost more than that. Schick Shadel popular years ago cost \$10,000 or more a week for basic starter rehab, over \$1000. a day. The higher priced plans were much higher, **always with a host of available financing plans to suit any budget.** Ads only published starter plans to get one through the clinic door to sell more expensive options once in the center. It was a stick up paying for spa treatments masked as rehab. Priced for what the market could bear. Each year after holiday season hangover passed the TV and papers were wallpapered with full page ads of shameful, guilt trips for weight and alcohol addiction rehab. Then these ads were aired during the holiday's. Finally when insurance denied paying for the swindle, it folded and went away as all frauds do, too numerable to mention here. That rehab sold substance and weight loss addiction plan contracts back in the 1980's alongside religious cult looters, Jerry

Falwell, Oral Roberts, Dr. Gene Scott and the Bill and Tammy Baker religious scams socking it to millions of people in 'Jesus' name capitalizing on human frailty, fears, and miseries selling box seat tickets to heaven. Most of the aforewritten are gone, in prison or whatever but Bill Wilson's bastard brainchild lives on. These scams were everywhere and remain.

Bill Wilson's bastard brainchild had commercial potential for fraud beyond belief and still does; AA is just one of many. Now there are true believers that will throw a wall-eyed fit denying this. Every cult has its fanatics. Even the Nazi's still press that Hitler was a saint and avatar. He only wanted piece. A piece of Poland, Russia, England, USA, the world..... Not peace on earth but to rule his cut and piece of it. So fanatics abound for all causes. It is up to each of us to know 'what is to know what is not.'

Eventually other commerce such as insurance, legal, charity, govt and more got into the scam in giving AA additional legitimacy, mostly by proxy, and sold profitable 12 step program clones in everything from drug addictions to choc-o-holism, sugar addiction, anger management, co-dependence, porn & sex addiction, internet addiction, love addiction and similar obsessive-emotional-behaviors, ad infinitum. Bill's humble AA grew many cults riding the 12 step 'I'm a sick 'victim' and 'addict' recovery merry-go-round & model enriching industry profits bandwagon. Insurance industry has largely dropped out of this scam because it cost them too much paying for the fraud. There is even a PTSD 12 step program associated to VA. Another VA sham purchased from vendors selling snake oil patent medicine shows to taxpayers as medicine to 'help' war vets peddled as MHC which is pork from the taxpayer govt pork trough.

These guru's are looking for paying followers and suckers to get rich off like them all. Even religion got into Bill's moneymaking plan hosting addiction recovery group meetings and products for sale in its churches hoping to shore up collection plate receipts and sagging congregation numbers from worshiper decline when people lose their religion and drop out of churches US wide. AA recidivism is that in toto. These are the same personality types who sucker into religion in the first place looking for a savior to save them from their self-created problems. You know the type, they scapegoat 'god' or Satan or the devil for their personally created problems instead of growing up and accepting onus for their actions. Getting them in the churches is first step to filling collection plates and converting a few to support the church empire as born again Christians and 12 steppers. This is an acquired taste.

Alcoholism as a spiritual sickness, is true. It is also about never having grown up to accept personal accountability for one's actions; to remain a child in an adult world. Oxford Group and AA had a core of truth to pass on that got lost in a sea of distortions to make profits; that addiction is a treatable organic disease caught from a toilet seat not from skewed inner beliefs. The latter gets lip service; the main push is to 'let us help you 'for a price" because learned helplessness claims that you cannot. '**Whether you think or you believe that you can or cannot, you're right,' said Henry Ford.** So did *the little train that could* children's story parable, which went from I think I can to I know I can then once convinced did it when facing the challenge of an uphill battle. Alcoholism is not an organically treatable disease in a medical setting except as critical chemical detox cold turkey. The cake frosting visits issuing bed rest, counseling, pills or potions, and sometimes iffy talk therapy solely to rack up billing hours is entirely a scam charging people and insurance for spa treatments listed as 'rehab' services. People who cannot pay

for pampering do not get rehab or go to basement level county, AA rehab or jail to dry out. Unless the addict chooses to get better, grow up and dry out s/he never will. It is that simple. Moreover each therapist has a pet treatment such as codependence, PTSD, depression, ad infinitum and s/he pushes in nearly every case. Alcoholism it is not an organic disease like a cold; it is a learned habit that becomes a compulsion for some users that goes out of control from lack of emotional and impulse control in knowing ones limits to stay within them; this happens especially in tiresome social interaction at parties where people let loose of suppression and go wild, after alcohol disables social protocol governors and judgement. A cookie cutter one size fits all treatment is impossible, which are all AA and 12 step cookbook treatments. A cookbook recipe rarely works even when baking a cake. It is absurd to believe it will work on complex and very complex human interactions and addictions except as a scam for profiteering. The medical disease model is moot outside of chemical detox and damage control in removing poisons from the body. Yet, the addiction rehab and treatment model seeks to do that and fails horribly. Each person must have a uniquely tailored treatment plan made to his or her individual situation, 12 steps is a good starting place only. By the end of your second year, you are definitely cured of your physical addiction, but **not the underlying causes** - and AA does nothing about this. It merely replaces one dependency with another. AA only works if you're prepared to take it on as a religion.

Unless the alcoholic wants to get and stay sober nothing will ever work long term. Nothing. I still struggle with recidivism without giving into the temptation to drink or do again in going from '**I think I can to I know I can, and then just say no to do it.**' When the urge takes I look for the ghosts in my belfry that are triggering the urge to self medicate, again. In Jung and Freud's time before medication existed their therapies were tailored to finding core reasons why a person compulsively behaved until out of control.

Nothing works when the drinker refuses to stop. Not even in those days. However, now especially with mass produced 12 step and other clones of 'group' treatments, the individual addict still drops through the cracks of the profiteering medical treatment model seeking why in the wrong places. Advent of drug therapy treatment for alcoholism drops still more addicts through the holes of that model. A primary care MD or nurse PA can issue SSRI or Antipsychotic drugs as a replacement crutch for alcohol without any idea of why or going so far as looking for it. Then send patient home as treated without ever getting to the core behaviors causing the patient's dis-ease or teaching s/he how or even where to look, for what to look for or how to deal with those inner demons after finding them. Drugs dull out a person for a while then wear off without the patient resolving what's eating at the person in the first place. So, nothing is cured, as it were. Now these drugs are held responsible for mass murders and suicides, warnings clearly hidden away in watered down black box cautions by drug manufacturers who knew of the dangers before ever marketing these miracle drugs. FDA is compliant with that via plausible deniability. The problem remains while the drug, at best, only masks symptoms while creating new harms. When drug therapy ends patient still has original dis-ease but now struggles with withdrawal and worse detoxing off the meds supposed to help which is reason for relapse & recidivism to drinking & drugging again to self medicate. Doctors mistakenly told patients there was no withdrawal from SSRI's. Many users found out to their horror that it took up to a year or more detoxing off them. Drug treatment and doctor ignorance does more harm than good. Most have no idea

about what they prescribe to patients other than manufacturer sales literature. To never look at the devil in product details. Unless the person chooses to grow up, face reality, take onus for his or her life then deal with it as Dukka, or suffering the ups and downs of life, nothing will ever change for the learned helpless victim who won't help self and who continues to give their power away to commercialized self-interests that cannot, never could & never will help any but selves. Life is hurt. Every attachment will hurt you; every pet, person, etc all go away, dies, wear out, breaks, steals and lies to you. The propaganda and noble lie of justice for all in US hides that only those with the wealth to buy laws or make them, buy off the judges, lawyers and politicians get redress; the unwashed rabble never do but believe the propaganda or lies that they do get justice for all. Death is foreign and surreal to people; they learn that lie on TV or stories this week the actor is killed next week still alive by some magic think cinematic or literary miracle of magic fantasy. That sells the endless wars US continues in it and other places as the worst police state terrorist in the world. People believe in medical miracles to abuse their bodies all their lives thinking a doctor will fix the damage. Nope, the doc patches up what crawls and the rest is up to powers out of his or her hands; you die anyway. Another lie of the medical disease model that it can save you from self just like AA and cult religions preach about their smoke and mirror miracles. All lootership government cults and religions convince you to live for it wasting your life sacrificing to it. So does AA cult. Living each day as fantasy soon your realize you wasted your whole life in a fantasy uttering the last death bed rattle 'I lived my life all wrong.' Live for self; be true to thyself.

AA's fatal flaw in its fantasy disease model never addresses core causes of the person's dis-eased obsessive behavior concerning alcohol & drug use. This is industry wide where the mainstay is pampering and coddling patients or feeding them iffy meds as costly treatments making them worse sold as rehab that is not helping them. There are many ox's gored in this industry that have vested interests in maintaining the status quo that their methods work, AA is only one. Keeping their suckers oblivious to that is the cult's defenses as a parasite destroying a host.

Tent revivals and snake-oil patent medicine shows of placebo's, smoke and mirror, emotional moment drama sold to believers work about the same.

Pharmacy meds only mask symptoms and causes without ever addressing core issues for a permanent fix or cure. **Without choosing to do and doing the emotional work and pain finding causes then working to get better fixing self, nothing will work.** People want mommy to kiss their boo boo and make the hurt go away. Most people refuse that crucial step as first principles to rehab and recovery. I know two women, one is my sister, who will take the drugs but when a therapist begins to dig into the past she refuses to face, she blows up and storms out of the office. Then blames doctor and all else under the sun as her problem. She remains an inconsolable crybaby for weeks. So her doctor gave up to just refills meds and send her home. Self-medicating with alcohol or street drugs are band aids only on a spiritual wound that's never forced to heal. Sure it hurts. **Often healing hurts more than the wound. If the sufferer refuses to change and want to change to get better no miracle drug or therapy works.** **NOTHING DOES.** AA novices never see that in their hard-boiled blindness to cult material & method to spot it in selves or the people they claim to help. The only miracle comes when the sufferer decides to choose to create it for self. Current rehab models leave spiritual work pretty much up to the suffer to figure out and do alone as a DIY

process. Too many recovering alcoholics after burning out on AA, simply go back to the bottle via recidivism. Same for hidebound therapists stuck on one pet therapy only. Anyone outside of their preconceived notions drops through the cracks getting treatment for something they do not have; though occasionally some get help pointing patient in the right direction. It is personally up to s/he after that. Even a broken clock is right twice a day.....

Consequently the medical model for addiction rehab is broken from mistreating a spiritual, behavior drama as a biological or inherited disease instead of what is it: a corporeal/incorporeal malady of mind, body and soul conflict when constructed as one being. Moreover the all inclusive nature of addiction classification in US blurs the original intent of Oxford's original process addressing our corporeal/incorporeal nature as spiritual dis-ease. Overeating comfort food is impulse control same as alcoholism often driven by unresolved early life trauma. Over smoking is, too. Over anything to excess follows that. When one realizes in the existential crisis where life's illusions fall apart because everything you been told is a lie and pointless waste of life, then look at the life that might've been, that shock often sends people over the edge into the midlife crazies and recidivism to earlier compulsive behaviors like over drinking or smoking seeking comfort 'food' quick fix instead of accepting that's just how it is. Divorce at late life is prone to this drama.

Everything can be an addiction to treat when its profitable to a commercialized treatment industry, and is likely to be that anywhere abusive profit potential exists. Abuse and profiteering are rampant in commercialized addiction rehab. Profiteering invalidates treatment into a theatrical magic performance for nothing more than profitably exploiting human frailty and misery for billing purposes. Organized religion has done that for millennia as opiates sold from heaven to unwashed masses. The whole sham is a commercial enterprise masked as an addiction recovery fantasy. After AA treatment, recidivism is almost 100% or more and long term recovery nearly 0% or less. I personally witnessed this in AA meeting hall simply by paying attention. Though monitors did their best to censor them before they could 'infect' the rest of us, many awakened members got through into meetings and in a semi-drunk fit vociferously & brutally told their stories about the truth behind AA rehab without holding any punches. When one paid attention and looked through the drama it was there all around in living color. High recidivism, zero long term rehab, fascist control and if paying attention to what went on inside one's skin, more self-evident proof existed. When questioned, one got berated, gas-lighted, head games of distraction in '**You going to believe us or those lying eyes, ears and mind of yours?**' When not discouraged by the subterfuge from hall politics, people on the fringes always helped often dropping vagaries or sometimes told complete personal off-line actions and stories out of meeting hall. Some were brutally truthful in that the only reason they came was socializing and entertainment watching the hypocritical 'as the stomach turns' drama. I left because of one of those hypocritical dramas, for good.²

Moreover these days any habit classifies as an addiction for some kind of treatment when it pays. A lady down the street went to a new doc for weight loss and was put on insulin to do so; so, insurance billing would pay for the visit as diabetic services not uncovered, non-life threatening weight loss treatment using insulin off label. Not that she is diabetic but wanted to lose weight from over eating. When it caused her serious problems she went to her regular doc who immediately took her off insulin used off label.

Then said, 'you are not diabetic but will be if you keep using insulin off label.' Medical treats its bank account not patients.

Walls of profiteering and mammon drops most alcoholics through the cracks from ever getting long term, real help. Either because s/he lacks means to pay or the money chase is the only reason for administering an ineffective show treatment solely to keep patient returning for billing purposes supporting addiction rehab industry not real rehab for the sufferer. AA attracts those who cannot pay for anything else or they'd be there. It is mostly a church social gathering and group intercourse function for discussing a mixture of religion, alcoholism and shared member experiences with sobriety dates being main icebreaker of 'been sober long?' Instead of just church dogma as in religious cults. Rehab is not the main core point making money is the only point. AA restricts all materials to AA school of thought only. Anyone speaking about something that may be of use otherwise is quickly censored. One member tried to read C. Jung's letter to Dr. Bob supporting AA and the moderator quickly silence him with a public humiliation lecture that you have strayed from the party-line propaganda. It is mostly a 12 step social function of like minded people with a common problem: alcoholism. Though silenced during open public forum in meetings, members still share and talk about non-party topics in the BS sessions before and after meetings or at off site meetings at the local coffee shop or diner where anything goes. Legislated gag rules don't work any better than legislated morality. However the 12 step system has expanded to include all compulsive habits now re-classed as addictions for profiteering, the same as AA. Serving only as a social gathering for sympathy to like minded people discussing a common dis-ease with a certain habit for profit. Resolution or rehab is left up to the individual to work out in toto for self. You want to get and stay sober, figure out how to and do it. AA has evolved away from its original intent as a system focusing on rehab, if it ever really was about that at all. I see it only as an ex-NYSE-stockbroker building an empire not as a god delivering redemption to alcoholics. I read everything of his bio and AA beginnings and that was the final take. I tried to discuss Oxford beginnings with members and they looked at me like tulips grew out of my ears. None wanted to know the 'hand of god' pulling their strings at AA.

I read an interesting concept from Gurdijeff after his death; he was a guru of the 19th-20th centuries. He exposed all guru's as fraud. First of all, guru's and cults want wealthy of status Pollyanna-wallflower, naive followers with profiteering, commercial potential as groupies to support the guru by conning them into purchasing cult products preached to them hopefully for life. Then if that does not convince followers of the fraud, on to plan 'B,' which was to seriously abuse followers until they figured out the whole guru thing is a sham and left. Before they died spiritual guru's Alan Watts, Stuart Wilde and others all told the public all this spiritual teaching the way is a sham. So did Jesus. Yet people swear by it and flock to the fleecing by the millions especially in USA. Type in spiritual teachings on a power net search and it is endless the sites looking for groupies to sell their special wares to and followers to fleece. Barnum the circus mogul said a sucker is born every moment. He robbed lots of them and should know. Osho was a rich man's guru, had 100 rolls Royce cars donated to him, wore expensive Rolexes, jewels and more proving it. Openly said it. He crossed US religious cults waging a turf war against him that finally destroyed him from within and without in another religious holy war for mammon. Authorities working for church-state murdered him via nuclear

poisoning, which is 100% lethal without antidote. It strong-armed govt to ban him from US as an immigrant and worse before killing him through church-state politics. So who owns you as its bitch? He did make sense which is why hoards flocked to his retreats and ashrams. He helped more than hokey religion ever could or did. In US there is only one place for religious rule: Christianity cult only. The other religions of Buddha, Islam and such face the same holy war when the reborn thugs wage war on them burning down mosques, temples and terrorizing their worshipers. Anton LaVey died a rich man after writing The Satanic Bible which was a satire against cult organized religion. Preachers went wild in pulpits claiming that Lavey was an anti-Christ, Satan incarnate, and spread lies of baby eating devil worship cults which only spurred on his fame. He created hokey mini films of what the public wanted as satanic 'B' movie rituals and so forth. Corney Halloween haunted house cheesy dramas and more. The more religious cults made of him the more popular he became and fed the public what it would pay for. Not bad for a Carney guru playing to sucker organized religious cults and unwashed, superstitious US masses. Hollywood fantasy factory productions got into this moneymaker, too. The 60's and 70's were filled with the same satanic ritual stuff only US dumb masses and Satan's mother could love. Pure raw, bawdy Carney side shows. The more cult Christianity screamed the more Anton hammed it up profitably making fools of the whole superstitious lot. How much abuse will you pay for? Headlines like "my guru sold me into child slavery or prostitution,' or 'my guru is suing me' or 'my guru made me queer,' 'I was a guru house slave" ad nauseam.....playing victim has never been so profitable for the attention sluts or their promoters. If you don't have a core philosophy of self, self-belief & inner-knowing, you will fall for anything. You get the idea. Gurdijeff simply gave his followers ever increasing demanding tasks to teach them of religious spiritualism was cult fraud. The hardliners who stayed loved his sadism as masochistic bent of groupies that taught the guru how to mistreat them. They basked in a guru limelight because they had nothing else going for them and got rooked. **We always teach people how to mistreat us by putting up with their grief.** Then like a child testing the boundaries an abuser keeps pushing the line until you wake up to scream UNCLE! STOP! Then do something about it. That's organized religious and AA cults in sum. Mark Twain said, 'It is easier to fool people than to convince them that they have been fooled.' Let that sink in for a moment! That is all aforementioned cults, Hollywood fantasy propaganda, identity politics, all politics etc. History and society are full of this beyond belief. Fools and their money soon parting ways. **People, therapists and cults get away with what you allow them to get away with doing to you.** Desperate people do desperate things when they believe their guru is 'god' with a direct line and bat-phone to heaven; and that they have an inside track to heaven selling box seats to the Big show. Then when told it is all a fraud follower mobs go bat-shit crazy!!! As the reaction when lies bump against truth. Religions are rife with it; also known as opiates from heaven sold to masses as the greatest fraud ever sold to humanity in one of those 'you sinners going to believe us or those satanic lying eyes, ears and mind of yours?' 'Jesus loves you.' Hidebound AA says, 'you going to believe your sick 'stinking thinking' alcoholic brain or our party propaganda?' It is another Carney con fleecing the masses of people who want to remain children living in denial and fantasy stories and to stay learned victims. Bill W. was another Carney like Anton LaVey capitalizing on an easy buck putting on a show. If you

don't have a core philosophy of self, self-belief & inner-knowing, you will fall for anything. Desperation is what desperation does.

The AA hall I attended hosted 12 step pre-marketed plans for alanon, alateen, workaholics, narc anonymous, codependent anonymous, children of codependency, kids of alcoholism, and much, much, more. Just change verbiage a little from original 12 step program and then resell it indefinitely. Desperate people seeking comfort buy it. If you don't have a core philosophy of self, self-belief & inner-knowing, you will fall for anything. The place was busy and attendance very brisk night and day from people looking for answers to life's questions they never learned and did not learn there from AA gurus. That is basis for all spiritual seekers looking for answers to life's questions: who, what, where, and what is my purpose here? The existential crisis. True spiritualism is personally finding that for self about self. Nobody wants to know their real purpose in life. They want fantasies and magic, not the reality. Human purpose here is the same as everything else: to perpetuate the species from extinction. Birth, grow, survive, procreate, age, wither and die. Create enough numbers to offset normal attrition and losses from other forces. That is why romance is so popular. People fantasize to ritualize the mating & procreational process as more than what it is and always was: pedestrian and mundane survival of the species evolution. Babies to replace dead people. **Everybody knows when people die other people are born.** Sex is not love or romance. Sex is a natural act like breathing; fantasy love play rituals to but to the adult-child play acting fantasy, magic think makes it sacred and special in a wrong way. Cattle during mating season conduct 'love play' as do most creatures. Mating dances by fish, birds and insects are not learned in a Ginger Roger's and Fred Astaire dance studios movie fantasy. It is part of their inherited survival to procreate with the right species at the right time, among other things to keep their species from extinction. Yet humans think waltzing as Cinderella on a prince's ballroom dance floor learned as infant fairy tales is special, romantic, love. Romantic relationships fail 100% because they are not true love or meant to work except keep masses enslaved to a profiteering fantasy killing time until it kills them. It is not love, never was or will be. It is a lie. Marriage is a legal contract that benefits one business partner more at the other one's expense. Usually the woman's, which is why she pushes so hard for a man to wed. Then when life does not deliver up that fantasy as reality she goes bat-shit crazy. It is a love play game prelude to sex for some and early retirement for others. People play their parts playing victim by giving others fantasy power to destroy their reality and lives. For some it is social distraction playing meat market games in a bar or club as a fantasy about prince charming rescuing Cinderella into romance of her fairy tales because people never grew up to learn the truth and cannot accept life on its terms. For others it is life working as a working girl whore seeking business in a parking lot, brothel, or street corner. Beyond aforementioned birth, species survival procreation and death, everything else here is distraction killing time until it kills them. There is the core reason for addictive compulsions realizing nothing one does here matters' one day you will die to face those facts. That is life and not accepting life as it is on life's terms seeking an escape from it has serious consequences for not doing so. Thinking of it in your fantasies as you are is not seeing it for reality as life. Street People see reality up close and in all its ugly splendor. So do those poor sots of the Russian and Mid-east wars. Of any war. You think people dodging US mortar bombs and rockets are thinking of sex? I watched a movie long ago which was another Hollywood absurdity of

actors sharing such illusion projected to cinematic viewers that people think are true and real: the 13 warrior. Right after a grueling, bloody battle, the surviving protagonist and one of the village women fell into the mud and had sex in the dirt. You gotta be humoring me! In real life sex is the furthest thing from one's mind in such situations. Never know when a bad guy might run a sword through the busy couple killing two birds with one poke. After a grueling battle like the one before this scene, sex is the last thing on ones mind. Lennon said, 'they keep you doped up on sex, religion and TV.....' People raised on fantasy, watching it on mass media or TV do not see reality or know anything else and buy into that drivel. Life gets a whole lot better when each of us accepts brutal reality with common sense. If you don't have a core philosophy of self, self-belief & inner-knowing grounded in reality, you will fall for anything. That is the stuff of addiction and rehab as it stands today. A nightmare.

In the AA hall I attended, as a family affair 'addiction fantasy,' kids went to one room, spouses went to another, alcoholics to still another, no daycare for the wee ones like in churches. The whole family shared in the common fantasy reality of perceived addiction as an identity. Just like Sunday morning or afternoon at church with a family sharing in a common reality of 'organized religion fantasy' as an identity. Church services for adults, and young adults, bible school for the kiddies, nursery bible conditioning for infants and toddlers too young for the rest as entertainment for all. These activities continue throughout the week keeping congregations busy doing something in church. **An old Jesuit saying is, 'give me your kids the first 6 years of life, after that you can have them back for I will own their minds and them for life.'** That's why churches want your kids so they will own them for life. AA or church follows the same concept. Once a catholic, always a catholic; once an alcoholic always an alcoholic. Get my drift?

AA volunteers and trusted moderators controlled different meetings and donation collection plate receipts per prewritten 12 step scripts changed to suit different audiences and regular staff controlled administration. Party materials were peddled for sale per same. Member volunteers did housekeeping tasks and the Church annex did building and grounds maintenance. Volunteer donations and member purchases of AA materials covered most overhead, snack bar supplies costs that went to AA tax free and for nothing. Essentially this was a pseudo-church service of Sunday school for kids and teens, and adult classes with a main service for core alcoholics discussing alcohol issues as religion instead of discussing christian dogmatic, pious philosophies. Religions are tax exempt in US, too, providing them taxpayer subsidies directly and by proxy. All rehab discussions only focused on late symptom stages of alcoholism; never the dis-ease causing it. Same with the Cadillac rehabs that rarely discuss the root diseases causing a person's pain and they have pet therapies they label on everyone. If it is codependence or PTSD everyone is one or both of those and get respective treatment for billing. I blew those away to discover this by broaching the most taboo subject of USA mother worship by criticizing my mother in group therapy. It once was taboo to talk truth about religion under penalty of death; it is taboo to knock AA though more people come out of the closet to do so. I stated in group that in abusive, dysfunctional families, most dad's threaten punishment while mothers abusively do it. The terror she creates with 'Just wait till your father gets home...' punishment is mental anguish, too. Dad is the stereo-typically blamed disciplinarian while mom walks free. No one believes women are abusive, violent and

harmful. Dad's are by default. You'd thought I just shit in the middle of the room. In a way I did, except the invisible elephant in the room everyone denies exists did it. It certainly stirred a lot of women in the room into facing some truth's she was in denial about; she began denying and protesting my statement. A clear sign confirming what she denies is true. After the chaos settled, the ring leader wanted to know more. I then went on to tell my personal story: if my parents were alive today, my siblings and I would be in foster homes and they would be in jail. Then named specifics about my abusive mom; she broke bones, drew blood and left whelts and bruises then showed the physical scars still visible decades later. Mom was expert at Nazi psychological abuse some of which I still struggle with today at 70. So do my siblings. Dad just threatened and yelled a lot usually after liberal provokes from mom to do something with HIS son. When good I was her's when naughty it all belonged to him. It was her idea to have me in the first place. She fantasized a made to order daughter but got me instead. She expressed her disappointment at that fate very well. Years ago a TV show line, 'Mom mom liked your sister best" hit home, yep so right. However, in my era, harsh corporal punishment was accepted child management in 'never spare the rod to spoil the child' preached by christian bible thumping old time religion. I talked to many through the years who recount similar or worse abuse when they were young often by both parents. Mom's held the lead with a combo of mental and physical abuse; I hated the 'go cut me a switch' torture in creating the weapon that she used to whip the tar out of me. Sure, buy the hanging rope put your neck in the noose, mount it on the gallows and pull the drop lever. I'll get dad to cut you down. I'm being facetious but you get the idea of a popular mom kid torture in 'cutting the switch' of one's torture suffered among many kids of my era. The policy was common. Oh, and this hurts me more than you.... I'm the one crying bleeding and she hurts more? I suffered with abandonment issues, psychological abuse that mom was expert at inflicting straight into the heart, neglect issues, shame, guilt and more from a closet misandrist immature mother disappointed with fate from not getting a daughter, who severely misjudged what mothering entailed while lost in her romantic notions of 'mother-Madonna and child' delusions. Her fantasies were none of that when kids came along. When sleepless nights, dirty diapers, dirty dishes, bills, dad's absence struggling a losing battle earning a single family income and parenting stresses hit her solidly, mom violently lost it in rearing her kids as so many mother's did and still do but were never found out. Until now. Women like her abandoning newborns into trash dumpsters alive or murdered and abortion replaced that different era of abusive neglect by mothers rearing her young. I have many times thought that it would've been better to never have been, aborted or murdered at birth than to undergo the brutality of an unseen monster hiding in my head for decades named mom. These are the damages done that last for life and come back as the ghosts of addiction haunting us most of life; one is left to struggling with our inner demons we self censor, are forbidden to notice, recognize, or even talk about. Until one gets those monster bats out of our belfry's healing one's wounds is impossible. That is changing ever so slowly. There are movements on the net 'wish I'd never been born' and so forth by people who are miserable living on earth that come from traumatic abusive childhoods. We never learning the fairy tale, story book fantasies. They are pissed at their moms particularly. The 'stop having kids' is a strong environmental movement and growing stronger. So, I am not alone in my laments, just too far away from the escape hatch now to go back to hit the ejection button out of here.

She did her best but mom's dysfunctional self-destruction in her kids remains. My siblings and I all share this misery that siblings in denial, still alive refuse to discuss it at all. My sister's therapist simply gave up, to hand sis bottles of pills then sends her babbling ass on her way. Now sister is loonier than ever. Younger brother self destructed to die young, youngest sister nearly did from meth; authorities finally put her in minimum women's prison to save her from self. I have nearly done so but something else has pulled me out of the lion's maw as it were. Dad stayed away from mom partly from her incorrigible nature and working to provide the American dream that one has to be sleeping to ever believe anyway. When Cinderella's 'fantasy bough' breaks she turns into a crazy-mad ogre. I was pissed at him for running away leaving me with that madwoman until realizing that mom was a very broken woman. It takes a strong man to put up with one but everyone has limits to abuse, even the strongest people like dad. Guess it made me stronger cause it did not kill me.

In my parents defense, both were products of the US Great Depression and war years starting with WW2 through Korea. Dad was Korean Vet. Then I came into their shadows and through Vietnam/cold war eras. Hard times and privation make hard people. I understand but the damages remain for me to resolve after the fact; that is a reality for most from my era.

I finally became aware to overcame the rage when a woman, a stranger, said to me at 40, 'I used to be like you.'..... Then one day I just awoke to blurt out, 'Mom, I am angry at you but don't hate you anymore. I forgive you,' then let it go once I recognized the bats in my belfry were a demon mother still haunting my life. 'God' gets directly to us in the strangest ways through people. A coworker said to me when I was 50, 'did you ever think your parent's did not know any better?' BINK! the light came on: 'Jesus, the man not the myth, had anger issues and all else like any man. While looking down on the mob that tortured and killed him on the tree, he said, 'forgive them father they don't know what they are doing....' If it's good enough for old JC, it's good enough for me. JC delegated forgiveness to 'father' until he healed enough to personally do it. I had to use the same method. It worked. Mom, 'I am angry at you but don't hate you anymore' after getting past cultural mother worship taboo as conditioned mental blocks against speaking ill of one's mother at all, even when it is merited. I forgave her to get it out of me, then let it go once I recognized the she was the ghost demon haunting my demon haunted world, too.

One cannot avoid unseen traps. Exposing the unseen troubled world out of dark places in my mind into the light did it for me. I got none of that out of therapy, religion or AA; they all seemed to go the wrong way on a one way street named denial. It all came impromptu from strangers who went through the same upbringing and were brave enough to voice it out-loud to a sufferer they somehow recognized as kindred.

When a helping organization profits selling snake-oil treatment instead of solutions, it really has no vested interest in curing anything but its bank account. If not broken as a moneymaker, don't fix it. The taboo gag order against certain topics applies to the whole industry. However, internet anonymity encourages more to come out and voice against sacred taboo rules that keep us enslaved to our personal hell and pain, one of which is AA. There is too much evidence to ignore that it works no better than a placebo or security blanket of autosuggestion. Whether you think it does or does not, you are right. Far more are brutally honest stating that it does not work and state why. Som

have to get a belly full of liquid courage to overcome personal denial & social taboo to do it but they are BRAVELY speaking out. Sure would've saved me a butt load of wasted life if I had found those sources first before wandering into that lions den of blind novice pied pipers at AA leading the naive over a cliff. Mental health is not an issue; hidebound tunnel-vision to strict adherence to AA doctrine is; so the novices teaching there cannot see past their preconceived notions of a person's possible deeper issues of depression, trauma, abuse, stigma, all child hood abuses, etc. AA forbids them to do so. This and lack of diversity makes it difficult for many people to receive the support and guidance they need to overcome sources of their hurts causing addiction to cope with their deeper problems in the first place. Like when going to religious counsel from clergy all they know is dogma, help is using vague idioms of 'forgive, have faith, believe more' confession, or worst of all the blow-offs, enigmatic quotes from their bible that leave one hanging out more lost, dis-eased and confused than ever. Or the old standby guilt trip of religion and AA, if you are here in services or meetings you would not fall to temptation to get drunk again.

AA is an organized secular cult religion for addicts of all flavors. Bill Wilson's bastard became a very profitable enterprise, indeed, once it was recognized for its commercial potential for guru profiteering. Maybe Rockefeller dismissed this moneymaker like Metro-Goldwyn-Mayer films dismissed *Star Wars* gold mine as another hokey sci-fi flick, which made George Lucas and Twentieth-Century-Fox multi billionaires in 1978 and still going strong. MGM still cries in its beer over that one.

When 'causes, religions, gods and goddesses' have no worshipers, once forgotten by masses they wither away and die. Same goes for any 'ism,' govt or cult. History is a graveyard of such forgotten organizations and their deities, now long forgotten and gone. So what remains of them must stay in the 'public's face' to survive. AA nearly died away many times until Bill W. and Dr. Bob created the spiritual ill into a medical disease model to mistreat like the flu or common cold, which legitimized the 12 steps process as a **lucrative commercialized product anyone could sell to victims for anything subjectively interpreted as addiction**. Once recognized as profitable, AA's 12 steps became mainstream as a revenue cash cow with little to no overhead or start up costs. Even religious organizations are using 12 step meetings to shore up sagging church attendance to get people back into churches nation wide; victims and so called victim addicts are perfect desperation for religious recruitment of desperate people seeking easy answers and solutions to their messy lives in a somewhat safe social setting. Not that 12 steps programs are effective at actual rehab of an addicted sufferer as much as it is a social gathering of like minded people BS'ing a common topic, mostly. A model train, car, sewing or knitting club or simply going to a church or bar fulfills the same purpose of being in proximity to other like minded people in a public, social setting. As in Hemingway's, '*a clean well lighted place*' suited an old lonely man's nightly comfort against isolation and loneliness from solitary of old age. AA does not cure or treat alcoholism ending in cure. Perhaps it is the meaningfulness of attending meetings in a 'well lighted, clean place' with other people that is incentive to not use alcohol or other crutches to dull the pain of lonely isolation that is responsible for a former drunk staying on the wagon, and why when it ends s/he returns to the bottle for comfort as distraction against internal pain. Gambling, shopping, walks, and myriad sundry other diversions as means can accomplish the same end. Some of the greatest creations in history were

invented by isolated people creating them as self-distraction from isolation and boredom borne of loneliness. AA and 12 steps are social function distraction only for birds of a feather as it were; non-therapeutic except as social therapy just being in a group of like minded people. A bingo hall is the same comfort for many. Shopping at Walmart or a walk in a busy park or on a busy street serves the same purpose.

Organized religions and agencies of all Gov'ts are blood cults with very dark histories of using violence of thug laws enforced by conditioned belief, armed mob forces of terror, war, propaganda etc to enforce their intent upon unwilling masses. Without supporters these organizations eventually die from corruption from within as do all empires ie; Roman, Greek and US-British empires for instance. Patriotic govt support is a must; the thugs simply show up where you live with guns shoot, rob or lock you in a cage then steal your stuff anyway using violence of evil law made by evil people to benefit them. For example, genocide and persecution of Jews in Nazi Germany was law of the land. So was the Native American 500 year genocide law of the land. Look at what is going on in US today. All the celebrity brouhaha is to distract the majority from noticing what is happening to their neighbors until it happens to them. Inflation is govt theft from everyone at once by devaluing the fiat money after government gets the most value from it first. Most people never figure this out because one, they are ignorant or not smart enough to do so and two Washington creates high intensity drama pointing fingers to divert and confuse people from seeing the truth. 3) Public education dumbing down US masses teaches ignorance. Never steal, govt hates competition. Criminal desperation is what criminal desperation does to survive and grow the organization whether cult, corporation, political group, government, etc. When a facet's ideology is shallow and frail, it resorts to whatever means to justify the ends keeping it alive; and that end always is the cult's survival while standing on the mass graves & bodies of its conquests. Cults also use guilt, shame, peer and group pressure on one individual or many individuals, brainwashing with cult materials & dogma, propaganda, tangible & intangible punishment and rewards, bullying, smear campaigns, coercion, etc to control their slaves. All are desperation in action that promotes and sustains any cult organization. The perfect slave says, 'I am not a slave...' These very aspects eventually cause a coup de' tat self-destruction of an organization from within by default because of warring, fragmented political facets or internal empires within the whole destroying it internally & externally fighting for power, resource theft and control of the whole. That is current state of AA organization. Corruption, greed, and graft prominently plays into this, too. Organized religions, all US political collectivist organizations are perfect current and historical examples, which compass both ends of corruption continuum and all between them; spanning from crimes against humanity, mass murders, crusades, holy-wars, internal strife, holy wars, and corruption, to booty spoils, largess enriching lootership & its supporters. Additionally, group & agency supporting aforewritten ideological immoral activities hide behind noble facades of freedom, equality, war against an imagined 'dialogic-evil,' helping the poor, etc. Eventually lack of leadership, membership and public support starves both 'gods' and 'demigods' and their empires into non-existence. All empires eventually degrade and crumble from these same forces. History proves that without doubt. Decline of US and the west currently in progress soon will be another dead empire written in history book back pages.

The disastrous ‘War on Drugs’ is a perfect example of aforewritten folly. **It is impossible to successfully legislate morality**; every despotic church-state-religion historically proves that fact in its abject failures of perforce cannon legislation against ‘sin;’ despite thousands of years of terror using inhumane crimes against humanity through punishment such as public example torture, torturesome public executions, aka the Auto da' Fe', individual and mass heretic or witch burnings at the stake of people merely accused of church or state sedition, ad nauseam; centuries of aforewritten crusades notwithstanding, sin and moral misdemeanor remain alive and doing better than ever in USA and worldwide without abatement. Spiritual roots of all addiction proves that legislating morality or a ‘war on immorality’ is the biggest failure in human history beside the ‘war on drugs,’ selling it. Wars which were never meant to win but to prolong profiteering the war promoters at both ends and everything in the middle. As it has for centuries and still does. Legislating against moral taboo is very profitable to church-state.

US Prohibition, was US organized religion expanding its empire through an attempt to legislate or bully morality onto masses using self-serving interests of the **christian women's temperance society as useful idiots** influencing and stirring up public controversy through mass demonstrations shouting slogans such as ‘lips that touch alcohol will never touch mine’ and other hubris, self righteous drivel, which prompted US congress into implementing 19th amendment constitutional law, instead of church using cannon law & torture preaching moral sin forcing people into conformity, which did not work anyway. So taking despotic control to another step it legislated morality of church dogma by proxy. Using useful idiot US govt lawmakers, or congress, to enact civil law measures against the sinful immorality of drinking alcohol via constitutional law exposed US govt incompetence & reputation to the public as religion's puppet partner in crime instead of organized religion as sole folly this time when the whole sordid plan disastrously failed from unintended consequences when legislated morality failed. Communist states of Russia & China failed to force legislated morality and make it stick, too. Organized religion's self-righteous obsession with sin turned US into a war zone of organized gang warfare for decades, maybe centuries to come thanks to a group of useful idiots of the church-state **christian women's temperance society** where it all started. When I finally detoxed off the church-state opiate to the childish masses into complete sobriety from it, my eyes opened wide to many things about this corrupt country and world all the distraction and diversions we choose to waste life times doped up following hide from us.

During prohibition, politicians, organized crime and Christian religion, criminal organizations large and small seized upon the opportunities to profit through more regulation, enforcement, blue laws and black markets, which evolved into the ‘War on drugs’ as a second prohibition except infinitely worse. World and US organized crime syndicates or drug lord gangs, politicians, local, state and US govt police states expanded and grew 'fighting' aka profiteering from a new prohibition. So did US legal-political-police-state-oligarchical empires, which expanded and flourished. I.e. during 19th amendment prohibition, the Kennedy family empire profited, bribed authorities to look the other way and bought its way into politics illegally running Canadian whiskey and Mexican Tequila into US during prohibition supplying black market demands nationwide. Black markets also sold industrial wood alcohol. When the tainted alcohol poisoned millions of people in US, blinding and killing them do-righteous christian

clergy preached consequences and wages of drinking as immoral sin while pointing out consequences of Satan's black market supplied poison to the sinful masses..... judgmental, do-righteous, congregations went wild gloating over sinners getting their due, which improved collection plate receipts into church coffers. Christians, gotta love 'em. Never met a good one, just a few good people who practiced the cult out of learned ignorance. Church-state Prohibition commercialization of black markets enriched and grew many oppressive empires in USA that remain today running sex worker & drug war largess; with parasitical religion and US politics as church-state at the bottom of the crimes against humanity. Only cess pool parasites profit from human misery exploiting the race's frailty via forced legislated morality. The only immorality is that of church & state collusion against the masses. After repeal of 19th amendment, that prohibition disaster subsided from public view, The second prohibition issued by executive order from useful idiot Richard "Tricky Dick" Nixon as the 'War on drugs' superseded it. Existing organized criminal black market profiteers simply switched trade materials, suppliers and methods of import and distribution. Governments regulated and heavily taxed legal alcohol production and sales and profiteered from more human misery on more profitable drug trade in its involvement running black markets as revenue enhancers supporting US socialism and socialist bureaucracies hiding true costs of FDR's new deal socialist cancer from Great depression & war weary US people. The New Green Deal socialism makes FDR's socialist cancer look like a piker in contrast. US & world govt organized criminal political-legal oligarchies followed US example by growing their empires from profits enforcing thug laws and black market drug trade borne of original legislated morality influenced on useful idiot church-state US government serving cult religion church behind the whole disaster. Who & what does this scam of scams really enslave and benefit? Those at the bottom of the dirt, entirely: the police state and organized religion or church & police state. Hollywood Propaganda media like Reefer Madness created anxious confusion among ignorant and naive dumb US masses fearing a new misunderstood boogey monster hiding in their cupboards as confused diversion against US masses noticing the monstrous injustices lodged against them, again, through church-state collusion. AA's alcohol boogey monster fantasies hiding everywhere do the same thing to their sheeple flocks so none connect the dots of what AA cult is doing and why. The latest Covid scare did that, too. Distraction has installed and kept more despotic regimes in power than any other crime. **Dire consequences, whether intended or not, that we experience today correspond to the fall of western civilization and mainstream Christianity. Whether these consequences were intentional or unintentional doesn't matter the damage is irreversible in fall of the western world and its cult religion.**

In a tale of two cults, I first heard about AA from a recovering coworker who recognized my struggle with alcohol and spoke well of AA claiming that it worked for him. Word of mouth influenced my decision to try it. However my first exposure to Christianity and church was compulsive attendance by a selfish mother using church vacation bible and Sunday school services perforce dumping her kids on church as a free babysitter. Lost in her Madonna-mother-child reunion illusion, she seriously underestimated the work and onus required in raising kids and the no return policy after having the little monsters meant she was stuck for life in a cage with her creations. As with any immature broken woman, dump and run away was her MO.

AA is another addiction in substituting a desperate sponsee addict's slavery to alcoholism and drug dependence onto a 'sponsor' or person and/or group collective as his or her new 'owners;' instead of substances controlling an addict's life, AA enslaves s/he to their cult instead. When a new addict first comes to an open AA meeting, which is held like a pseudo-church service including christian prayer ritual at beginning and end of each assembly. Note: AA holds both closed and open meetings, unlike the original Oxford Group, also a cult, that held only closed meetings. AA's open to all meetings are to keep membership numbers and receipts from declining by replacing losses by attrition when existing AA members realize the fraud and drop out. When people figure out they get nothing of value from the cult, disillusioned they leave. Gaslighting by membership and sponsor fails to convince on the sponsee is the problem from stinking thinking on their part often followed by intimidation for standing one's ground as an individual. On some it works, on most it drives them away faster and further. Me for example. AA recidivism over long term is 100% or more; long term recovery is less than 0%. AA does its best to hide these statistics with fake news and testimonials and character smears of celebrity who speak out against it. Liars do figure and figures do lie.

At first meeting, newcomers are asked to rise and introduce selves to the group. Group 'love bombing' follows now that it has identified a new potential convert that the group must impress to 'keep coming back' until hooked into supporting the cult for life. Every church I ever attended did this same practice more or less. To an attention and love starved person love bombing is extremely powerful and an effective recruitment tool. Watch a love or 'skin' starved person of the lonely hearts club of America 'melt' when told 'I love you;' it is an extremely powerful tool and used effectively to exploit and abuse. Con artists use it to rob more people than ever! Find someone from the lonely hearts club, seduce s/he with love bombing and the needy person is putty in a cult or con's hands.

More love bombing after the meeting is a get to know the new kid type atmosphere, which is the same process used in US church cults for the same purposes. Every clique in the AA group is competing in a 'CHOOSE ME' contest to be the new kid's sponsor more as an ego trip for brownie points conforming to the group dogma acquiring a 'mini me' new pet 'sponsee' to train. I noticed that none of the fringe dwellers were involved in 'love bombing' just the popular 'who's who' cliques. However, a good sponsor can help a sponsee learn nuances of the membership or out of passive aggressive envy, jealousy, or mean narcissism, demean and sabotage a sponsee's success. When asked why didn't you tell me that? Asked by the sponsee about some tribal warning causing him trouble; the sponsor cop out is 'I thought you knew that already....' As a new member?! It happened to me when a fringe dweller gave me a serious tribal warning to be careful about. Sponsor wanted to know who told me; I don't kiss and tell, dude and hung up the phone. In most cases it's a recruiting and scouting process to move the new kid, if suitable material, into one of the established cliques already controlling the AA group. Individuals are considered not suitable party material and relegated to the fringe group. The same type political church dissension & pecking order one finds in US christian cult congregations. Remember, these AA members are broken people, but so are Christians respectively doped up on different opiates to the masses; I never saw in my life more narcissistic ego in one place than at AA.³ AA recovery never changes a snake into a lamb, never!! In some cases newbies are asked to fill out a questionnaire seeking personal

information for AA records same as churches do. Usually more sneaky methods gaining personal information is used instead. Don't fall for it. The cult is not there to help you. Jim Jones cult church group abusively employed love bombing extremely well seeking ways to exploit newcomers solely for cult benefit. It worked; for, many sold their souls to him, which eventually cost them their lives. Using the new naive, trusting person's questionnaire information, Jone's toady's often robbed new member's homes while the owners were kept busy getting robbed in Jone's church services. Love bombing is that powerful to the old, lonely, heartsick, needy and abandoned person, or lonely hearts club member seeking a tribe and social group connection, which is why cults use it to abuse and rob those people the most. The naive and trusting open their hearts to the blade that stabs it proper from believing propaganda that Christianity is noble, holy and good. The rest is cult history. See Jim Jones & Guyana tragedy. Safety tip: drink the coffee you made or watched made but never touch the kool aid. Many cry foul, that Jones was a corrupt cult but all churches are not all like that, which is the new age cop out collectivists use to excuse Nazi, communism and socialism's past crimes against humanity. Yes, they all do just not as glaringly & openly extreme as Jones and past despots but beneath the surface they are just as or more corrupt, psychopathic and deadly.

Power and control corrupt absolutely. For instance, 'holy roller' Bible belt Christianity preys on trusting church attending seniors in my area convincing them to will and deed away all their personal properties after death to their local heir church; so it can continue 'god's holy work' after the owner goes to heaven. Actually caught these birds in action. Gave the bastards two seconds to get out of gramps house before violently throwing them out. Never saw snakes gather up their legal papers and move so fast in my life. Then warned gramps never to do that again without contacting me first. He was enslaved by that old time religion which was just as corrupt as all the Neo-age-collectivist-religious-cults.

Historical proof is on my side, in toto. Similar church cult abuse is evident in the 12 step process as confessions to the sponsor of a sponsee's personal moral 'crimes' inventory in steps 4 & 5, which is another angle on the 'forgive me father, for I have sinned' religious confessional booth 'true confession' session within organized religion's 'claimed' confidential settings. I never trusted any of it and my distrust paid off. This is a highly emotionally charged process for many who often leave the hall quite upset and crying after their 'moral inventory' revelations. Some are very raw. Juicy dirt gleaned during the moral inventory of our faults when working the steps is later used to keep a member in line through guilt, shame, and in some cases coercion or black mail against leaking our faults into the AA group gossip mill or to authorities something personally embarrassing about a member by those AA leaders who now have the 'goods' to control you. Like Allen Watts said, 'you confess to your therapist, s/he informs on you to the authorities.....' Therapy is simply old time religion dressed in white coats selling different opiates to the masses. At AA, like religion, their rules are made to enchain you except for them to break when convenient to the person or cult double standards. AA member gossip though forbidden at or outside AA meetings is rampant. Truth is never there. Recall that goat fucking party in hooter brown's barn that you attended as a wild and woolly, randy teen when the new moonshine corn liquor shipment arrived that you confessed in an emotional moment during moral inventory to your sponsor? That's the returning ghost that haunts you whether confessing it at AA or Sunday go to meeting in

the sinner's stall during church confessionals leaked into the gossip grapevine anonymously like Hillary's deleted, leaked email for a mass media exclusive. Some secrets are best kept to oneself, like your pecker should've been that night in hooter brown's barn after too many hoots of corn liquor made you crazier to enter a contest among drunk participants of "who could hold onto the goat for the longest ride." A true revelation BTW.

An addict carries much shame and guilt, which is easily manipulated by controllers, AA or otherwise, out to exploit you. I have nothing against the 12-steps as a self knowing process; some claim in a '#me too' session that it helps them in other ways such as a security toy held by a child. Perhaps.... The best statement I heard during story time at AA came from a very strong member of that group. He said, 'Without my personal inner convictions, resolve and power to stay sober, all the AA's in the world cannot help me....then left it at that as a dangling moment in AA history.' The vagaries left one to subjectively interpret his statement as one between a mystical personal 'higher power or self control and free will strength to make a choice then stick to it alone.' Making an ambiguous statement like that closed the statement from violating AA holy dogma, which is an iffy subject unwise for public challenge by the group organization. You see at AA 'free will' or one's will cannot help the learned helpless victim against the claimed 'alcohol-dis-ease-monster.' It hides everywhere and when sponsors describe it they paranoiacally, fearfully visually exaggerate that with their eyes and fearful voice tone while looking under table or chair for drama and effect like one does when exaggerating a scary ghost story sitting around the campfire with Boy Scouts. AA preaches that only AA as higher power can battle and win the battle against evil alcohol waiting everywhere to attack. Only AA can save an alcoholic, and every recovering AA member can only stay sober because AA claims that only it has the secret weapon of salvation to defeat demon rum. Sound familiar to you Christians out there? It should Christianity and all cults preach the same song and verse about Satan. The age old time tested con that the Christian church panders about saving sinners from Satan. Essentially AA personifies alcohol as the same mythical Satan. Imagine the childish magic think of the white knight savior saving a learned helpless damsel from a monster. Never is rescue by one's devices, ever. But always by a savior. In my case staying clean and sober came when **I chose** via '**free will** that I will not' to actively stop the self-destruction by just saying no to using substances and escapism from reality. Self-saving as self-help DIY project. Then did it. It was an up until now I drank to excess but now do not, moment. Now I choose to 'just say no' to anymore of it, and then followed through to take action not to do so. ONLY TOO EASY. Only I can change and did so. When one gets to the root of his or her problems understanding and dealing with them, yes, healing happens. That is when one self examines the fact that every magic carpet ride of escape always ends in a crash and burn back where I started with new problems added to the existing ones, and it will stay that way until I choose to change **me** to stop my pain. Self-knowing and understanding is the only way any of us internally can heal our wounds, but first must quiet the drama distracting us from doing so. Recovery is self help doing it alone without crutches of other people or childish security blanket false sense of safety hiding in cult organizations of any sort; it is a self-serve do-it-yourself project. At AA and Christianity, that is heretical blasphemy against their 'gods.' Any attempt to be individualistic is sedition. Only the collective counts. The individual must be enslaved to

it for cult survival. AA and cult Christianity make this impossible by corrupting and confusing an individual's personal free will to decide with hidebound, complex rules and rituals. Spiritualism is simple intercourse between deity and each person. One inherently knows that from birth as s/he inherently knows meaning of morality, until conditioned out of the person. But cult religion millennia ago complicated this with rigid, perforce, complex rules, laws, moral punishments, etc distracting people away from individual help to pay a parasite for false security blanket of 'no help.' AA cult as a religious cult is an abstract hiding behind words that enchain and imprison people. An old Jesuit saw is, 'give me your child until age 6 then you can have it back because I will own its mind and life forever. Conditioned adults never matured beyond that age of their life enslavement and cultural indenture.

AA works for a minority of people who claim success though gross misperceptions as the rule. AA recidivism rate is nearly 100% or more and long term recovery nearly 0% or less. Our unresolved spiritual pain is why one used substances to dysfunctionally deal with our lives in the first place; **we were never taught by role-model examples since birth to live life, critically examine or think to problem solve in healthy ways.** We were instead taught lies and lots of them about what is a successful life. That solutions to our inner issues or happiness were only resolved from the outside beginning with parental and social role model examples usually perforce extended to church and other societal influences of mass media, peer pressure, adult strong arming, etc, mostly from bad role model examples to follow. We were taught that our happiness comes from without not from within. We never understood that our inner issues were what one mostly created inside of the person that originated from reactions to outside events & traumas; one cannot hate them because we personally created them internally and **only each individual creator can unlearn and undo the creation** that s/he made in the first place. The world and its agents like cult AA, cult religion want each of us to believe via learned helplessness that we are powerless to face anything without them as an outer crutch and security blanket and must depend on self serving, parasitic, powerless people, predators, abusers & phony hero-saviors on an ego trip to save us.

Projecting AA and Christian organizational insecurities onto codependent members as a means to an end hides both cults parasitic dependency enchainment of us by convincing each codependent member that his or her survival depends on feeding our resources to the cult. This is an **operant conditioning & object lesson** con and lie Christianity and all cults established millennia ago in anthropological history. In reality, the truth is this: AA and Christianity needs each member for it to survive, so does society and her parasites running it. That is why it has been and remains enforced through violence of laws at sword and gun point. These agencies depend upon us but convincingly try to persuade us we are the needy dependents instead of independent codependents who can self-heal and walk away. All parasitic organisms do this in some way to survive on a host. Either by remaining unknown to it ie 'hidden govt taxation' or 'covert contract language fine print constructed so a reader misses the trap by those who read them at all, that in some way deceives the host into voluntarily complying to feed the parasites. Those gotcha clauses surface when one complains about the robbery. Political and religious cult lootership come to mind in this instance. All addiction conceals true harms by convincing the host it will suffer and die without it into voluntary compliance to sustain the parasite. Cold turkey, withdrawal, DT tremens, and

more are examples of such suffering and painful detox from an addictive substance. Pain and fear figure prominently into the abstract of voluntary enslavement.

What do AA and Christian cults promote? Terror. Without us you will suffer and die, alone in a gutter. Fact: many do so anyway with or without AA. **The choice is up to each one of us via free will and free will not to choose and continue self-destructive habits.** Religion uses same self-serving fear based coercive terror tactics; without us you will suffer, die and burn in hell. Fact: ditto same as AA. Using such **fear** is hallmark of triggering an addict's fear of running out of booze or other substance to face painful consequences, it is also the mark of all parasitic cults, and abusive situations exploiting a person's insecurities and fears. You will find this in most human narcissistic, 'romantic love' relationships, which exist as a form of quiet abusive desperation enslaving people, which is why society pushes these fantasies, which is not present in unconditional real love. Fantasy 'romantic love' enslaves humanity to its insanity, as does any vulgar 4 letter word.

'My name is Bill W. and I am an alcoholic;' substitute your name and that is how each person introduces self at AA rituals. **Identification with an addiction only reinforces the enchainment.** I am not an experience addictive or otherwise. My self-identity is not either. I am not a title or thing identity; just as identity to a job is not either. Yet when asking people who are you ego begins with, place of employment or job status, a job title, an education achievement or other. I once as a child saw a cartoon that went like this, "My name is Elmer Fudd, I own a mansion and a Yacht....' The cartoon character repeated this during the whole toon. That is how we are egocally conditioned to lose true selves and replace it with a false self as object or title. I had experiences with substance addiction and finally learned not to do it again. It did not become me as a false self. AA and religious cults want converts supporting them for life and discourages anyone individualistically breaking away from that enslavement. **An old Jesuit saw is, 'give me your children the first 6 years of life then you can have them back for I will own their minds forever....once a catholic, always a catholic' 'once an alcoholic always an alcoholic'** get my drift about cults? **Those who worship the bad think they worship the good.** I don't buy that or any security blanket false sense of security as an identity. We ideally learn by doing some things once to never do them again. Some people, like a stubborn jackass or pig are more egoically pig-headed stubborn than others. Problem with addiction, AA and all cults is that each is set up to keep one using them perpetually returning for more 'help' that benefits only cult perpetuation and survival.

Identifying with anything reinforces it as an identity. Identifying with any behavior reinforces that behavior. Every histrionic attention seeker knows that to get what she craves. Each AA meeting reinforces your dis-ease whether hearing 'I'm an alcoholic' from others or personally saying 'I am an alcoholic'. Your mind registers that behavior as your identity as helpless victim brand loyalty to an experience interpreted into compulsive behavior. 'A lie told as fact 3 times by the same person or 3 different people becomes a truth to the hearer by default,' Bernays. Propaganda, mass media misinformation, politicians, cults, legal oligarchy, and more all know and use the law of 3 to great mass exploit to profiteer off dumb-masses held hostage to it. Identifying as a victim, survivor, etc reinforces the person as a self-taught, learned helpless victim! It sends the wrong message to your subconscious and to your reality. Then the person attracts loser mentality self-sabotaging, self-destructive compulsions as pity pot, victim-

hood into their reality. Hanging around 'sob sister and brother pity-pot clubs' like cult groups promoting that only reinforces that loser mentality in you.

When people are misled into believing anything, that is what s/he creates in their personal world. Same goes for masses, mass movements orchestrated by instigators and promoters. **What masses are misled to believe, they create and much of that is what they don't want.** You are defeated the moment you accept and believe a lie by creating the very conditions you did not want through identity self sabotage. Identity politics works this way. Fears 'False Experiences Appearing as Real' are lies, one self sabotages by creating their worst often imagined fears as reality. **People attract and create unintended consequences.** So called conspiracies become actual because of this law of attraction and identity. The fake news 'chicken little's' screaming that the sky is falling diversions cover it up. We create our greatest fears via self sabotaging beliefs. What we put out ALWAYS comes back in a sow and reap cycle. '**BE-LIE-F**' is belief. I realized this during AA, then again during Covid scare and stopped following the herd as another sheeple blindly following 'loser' cult rules, which hastened my debauchery from lifetime conditioning as a conformist into a non-compliant, civil disobedient, rebel as it were. AA as do all cults demand strict conformance to a fault, to its antiquated, out-dated, doctrines as do all cults. Much of the core AA big book was written in early 1900's and is not current for today's world. The world left that bride crying poor-poor-me at the church altar. Same for christian biblical text. Now both jilted brides insanely run about the town in tattered wedding dresses boohooing pity pot laments about the good old days when people were easier to swindle into their cults.

Not one of us needed the world's help when creating our inner wounds or in learning our addictive habits; we did it alone in response to our inner manufactured perceptions of our outer environment often as children and infants "without any education" copying our closest caretaker role models first. We had the power to do that so why can't we have power to undo what each one of us created after wading through the cesspool of self-defeating, limiting, false beliefs educated into us since birth that we learned from life's hard knocks of trial and error do not work; but, now these same lies are telling us that we cannot change because now we are suddenly told by a cult we are powerless victims to some non-existent boogey monster label named addiction or alcoholism hiding under the bed? Without personal habit changes detox-rehab is pointless in the long term only prolonging our misery enriching helping cults profiteering from our frailty. Recidivistic re-addiction is guaranteed without changing self-destructive habits.

Self change is hard work! It is painful soul searching. AA core of lost truth as with religion misses this almost entirely. Too hard for many, they waste their lives trying to change others and the world at large before realizing the only change possible is the self. Without an established inner true self that is impossible, too. Ego prevents one from doing or knowing that. So if one has no authentic center, s/he falls for anything. The world doctrine demands that one never establishes an authentic self; to, instead be like it as a collective. Activism and slacktivism are beneficial for one thing only: teaching one they don't work at all but to waste our lives learning that. Too many never do to utter a final death bed rattle, "I lived my whole life all wrong." It may benefit the cause noble or not, but never the person; slacktivism and activism are collectivist mob ego trips. War is made of this **We Are Right** collectivist ego trip. We made a choice, as a conscious decision to use crutches instead of learning to walk alone, or to use training wheels as a

security blanket when riding on a bike well after learning to ride alone without them. IT IS A CHOSEN MENTAL CONSTRUCT, AN EXCUSE WE CREATE TO STAY IN OUR LEARNED HELPLESS PITY POT VICTIM COMFORT ZONE. AA and religious cults are self-created, learned-helpless-victim comfort zones and crutches same as substance habit we turned to for comfort; akin to a cookie, nap and blankie comforting an upset small child, which is why recidivism to the old path is guaranteed when the new crutch fails and human nature harboring unhealed inner emotional wounds always seeks to quick-fix and comfort one's wounded spirit with substances, another 'romantic love,' gallon of ice cream, ad nauseam; the old way failed, too, but to a hurting, desperate immature person with convenient memory, a prior failure was a better failure we 'think and are told' so human nature is to go back to a familiar comfort zone and reality tunnel to wait out the storm of hurt. The fantasy failed so people do it again; that's why the re-up rate for second, tertiary and after marriages remains high with divorce that soon follows at nearly 100%. People do not want to suffer self-failure as that identity so repeat the failures to resolve old inner wounds in denial that next time I will succeed; until learning their lesson that the lie taught to them as infants never worked in the first place. Famous 'hair of the dog' hangover cure is made of this denial, too. Einstein said, 'stupidity is repeating the same failure thinking that next time it will be successful.' AA cult recovery rate is less than zero for that reason; people go back to stinking-thinking that this time will be different. To some people one drink is too many and a million are never enough. Drinking responsibly by other people's standards never works for them so they fail by default. When novelty of the AA religious programs wear off, like organized religions have faced since their birth into humanity, and the novelty ends for most people, most relapses are from a person realizing s/he traded one lie for a worse one that doesn't work any better than the old one. Tyrants rule by the lie. Whether the tyrant is a Hitler, a Stalin, a Mao or a substance it rules one by the lie followed by more hidden lies masked as truth. The test is this: when lie bumps against truth it generates a brutal, violent reaction, always. When truth bumps against lie nothing happens because truth stands alone inviolate that can never be hidden.

When people living the lie encounter truth the person remains in denial about, result is regression to the mean or recidivism to the comfort zone; another drink, fix, romantic love in a circle that never stops until one faces truth to end the pain. That is cult stinking-thinking, BTW. Convenient or poor memory does the rest. Ie: the next day facing a brutal hangover or another failed romance from hell and original hurts now worse, one recalls why s/he left the lies alone in the first place. They never worked, never did or ever will. The whole root failure is in trying to resolve an inner spiritual crisis and confusion with outer solutions that never worked or ever will work, which becomes an ingrained self-defeating habit unless we choose to do the painful work first by seriously-soul-searching to heal our inner-pain-body, breaking the escape habit then by replacing that habit with a proactive one. In other words replace lie with truth; I don't care how many people tell you that their escapism tools work. None have so far and never will. It is one of those: 'you gonna believe us selling you the lies or those lying eyes, ears and mind of yours telling you the truth.'

When I believed and had faith in me, not some invisible higher power, without self-doubt or advice from others, things worked out better when it came to finding working solutions to getting clean and sober and staying that way, which spilled

over into the rest of my life. John Lennon in his piece '***God***' opened my eyes that I am not alone in this. His celebrity was filled with old wounds and much pain all the way back to early childhood; that he revealed to the world. He died for his sanity from an assassin's gun. The late Richard Pryor did the same standing naked to the world exposing his inner wounds all the way back to early childhood. The assassin's weapon that destroyed him was the glamorous life of fame, whores and addictions. He told his millions of followers **you have a choice.** There are two truths as options: life or destruction, and I have shown you both ways and consequences of each choice so now make a choice. He died for his sanity, too. Richard Pryor and John Lennon gave us sterling examples of paths from which to choose after doing the mileage following each one before he died. **Then both said, now make your choice to follow: truth or lie.**

I made the choice doing it my way influenced by men like Pryor and Lennon and it worked much better than other people's friendly advice and methods especially any commercialized cult \$rehab\$ model profiteering by selling more lies mistreating my miseries. Religious cults historically prove their methods are destructive, largely useless, placebo, spiritual-opiate-sugar-tits to the desperate masses that benefit only those cults, same as AA cult. Religions are commercialized 'soul' watchdogs doing nothing but watching their dinner buckets that you fill each mealtime. Your soul is their business only as a commercial commodity to parasitically mooch a living off you. Nothing personal strictly business. AA is the same, using true believers a means to their end, which is about the cult, for the cult and nothing but the cult, same as religion; followers are expected to tow their party line and nothing more. The AA bible or big book is hard to follow as a book of mostly very old moldy stories and cautionary tales of the alcohol boogey man hiding everywhere as a child's monster illusion hiding under their bed as fear against ever getting out of the bed; because the fabricated 'fear' monster will get me. Oddly enough if you've ever read Marx's communist manifesto or Mao's communist red book it is another version of moldy old stories, party law and consequences for not following party line. History again proves it is all lies seriously threatened by 'truth' except party 'tyrant rule by the lie as truth.' Overblown imaginings of dire consequences against falling off the wagon or straying from AA cult party line as a security blanket against imagined risks borne of fear when walking the path of life. All life is risk, get over it. In it are many instances of members making the group and AA 'their highest good' in life; overriding all else in a 'no other 'gods' before AA doctrines. Same as the angry, jealous Christian cult 'god's' dictate. Only the AA group matters and an AA member is expected to honor that as their only 'god' with none before it. Cult religion follows this canon-legal conception to a fault, too, except sinful Satan is religion's boogey monster under that cult's bed that will force the fearful child to never get out of bed to live life.

AA claims to be a spiritual sect skirting the fact that it is actually a collectivist bastardized christian-church-based-cult-model; each meeting begins and ends with christian ritual as an organized religious prayer. That representation tinctures the whole cult's non-denominational 'spiritual' involvement. A member is expected to mentally convert AA's idea of spirituality into that person's personal belief system. For instance the word 'god' mentally converted into Allah.... AA and Christianity hide truth about their cults from the unwary-unacademic by misusing words to do so by preying on ignorance. Understand in actuality that dependency or addiction can be to anything: a

substance, a person, a group, gossip, govt, isms, ideologies, beliefs, social media, foods, habits, dogma and enslavement to your kids; all can be and are enslaving addictions when people let them be, ad nauseam. The catch-22 is this is about your inner created world projected onto the outer world. If she wants to see prince charming instead of a con man in her life he is Mr. or Ms. charming until the illusion wears off broke & standing at the wedding altar alone. Same for him, imagining the prostitute before him a perfect angel and best friend; after she robs him broke and broken with she or he and pimp on permanent vacation in the riviera living high off their stolen largess does reality thump him on the broken heart as reality.

You are not the person I married is really a change in his or her manufactured magic think fantasy about a self-delusion not reality; a beauty and beast, forest for the trees perspective & imagining. In other words, inner **magic-think or stinking-think⁵** projected onto the outer world fed back to the projector as a self delusion of what they want to see and hear not what was said or done; **a self deception and fantasy**.

The troublesome two year old is not the child's reality; the kid is acting like a typical two year old becoming independently self aware using the power of 'no;' the parent losing it is the problem that s/he manufactured and perceived as a non-compliant kid in parent's mind projected onto a developing human being learning to be autonomous. Part of the true problem is mom's fear of losing her baby as it grows up. She wants it to stay a child forever and never leave her nest. Mom's problem left unchecked is a real drag on the kid's development. Stunting a child's emotional and mental evolution by sheltering a child from life's hard knocks and truths by an anxious, neurotic mother is harmful as hell to it. It's mom's problem that she projects onto others! Child eventually suffers harm when facing the world as an ignorant, naïve, sheltered person who cannot recognize dangers out there. A child too trusting gets into the car of a strange woman or follows her home out of ignorance to the danger. At the local schools in my area, this problem got so bad school authorities now monitor pick up areas asking drivers for ID, when picking up kids, issued by the school during enrollment. These adults must be on an approved list, too. No exceptions. too many kids vanished from 'Your mom sent me to pick you up' kidnapping scam operated mostly by women con artists. The child was not properly taught by parents the dangers to them out there, if absent parent's taught their latchkey kid anything.

Most all children normally grow up to leave the nest. The better prepared for that the better the person's odds for a successful life. Get over it mom. The parent's interpretation and reaction is the problem; not a two year old facing troublesome challenges growing up as a little person in a bullying big person's world; who sees the parent as a troublesome hurdle to its struggle for independence. Same for addictions; we are the problem in choosing via 'free will and will not' an escape to deal with our self created inner life struggles, as we were taught to do by role model society and parents instead of teaching better solutions most of us never learned because our parents and teachers cannot teach what they never learned in the first place, or refused to learn and teach because doing so did not serve their self interests to do so.

When toddler sees mom self-medicate downing 'mother's little helpers' from the pharmacy many times a day, what does it learn? When same kid sees a parent drinking to self medicate, what does it learn? A child quickly picks up the hypocrisy from mom bitching at dad for self medicating with a beer while mom keeps her head in a pill bottle

all day, too. That double standard registers as cognitive dissonance or mental confusion, which often settles as both are okay or neither one is okay.

When society & mass media constantly flash messages promoting addictive habits to a kid, what does it learn? Don't face reality alone, use our security blanket pills or drink to escape your troubles away, never mentioning addiction and worse consequences from using quick fix escapism to live life. Addiction is a pleasure/pain teacher; it teaches most people on the first try not to do it again. Smoking is a good example; yet some will keep at it until body stops protesting and the habit is born; when body says no through cancer many still don't learn then suffer and die from their choices made 20 times per pack. When a person makes a habit of using substances as comfort zones, then we blame the crutch not selves for making choices that maintained our addiction seeking quick fixes to life, once again we follow what the world conditioned us to do since birth; and to cop out using excuses and blame-goating that the devil made me do it or Satan did it or I'm a woman or Italian and a special snowflake and can't help it or the bugaboo & boogey monster substance one chose as a habit and addiction made s/he do it or Twinkies made me obese. These are nothing but cop out distractions away from ever examining the real enemy which is 'self.' Pogo said, 'we have found the enemy and it is 'us.' **Each of us is our worst enemy.** A booze bottle, cigarette or dope dropper does not jump off the shelf and discharge toxic poisons into us; we choose to consume the poison then blame a lifeless, inanimate substance, or 'god,' the 'devil,' etc for our '**free will and free will not**' choices and actions, which root all of our troubles in a medium of 'I want; I desire; I get what I want or WAAAAAAAAAAA.'

My mom smoked and drank self to death; it was horrible. The woman was a selfish, petulant, spoiled, 4 year old woman-child living in a grown adult body.' She was expert at blaming dad, anyone or anything of notice for all her problems. I ignorantly for years blamed alcohol & tobacco industries for her sickness and death until waking up to **blame is lame;** nope they provided the products she sinned and self-destructed using. Not once did I ever see a cigarette or booze bottle jump off the shelf and attack her. She attacked! Consuming them until gone then acquired more even after doctors forbade her to drink or smoke at all and dad resorted hiding her acquired stashes. Finally doctors gave up arguing with her permitting one cigarette a day. She interpreted that as green light to continue madness of self-abuse; mom would find where dad hid her stash and then smoke and drink self into a nicotine coma. Land in ER for dialysis to detox, discharge back home without any medical follow-up for mental health or addiction control suggestions then in a few weeks CHOOSE TO do the drama again. None of those substances walked home from the market alone and then forced them upon her. She always managed and freely chose to get the substances supporting her addiction, always, until **she** self-destructed completely. Last time she died in coma. I finally figured out she wanted to do that by choosing to act on her desires as an impulsive out of control child. Her hubristic ego said, 'you cant stop me in a game of hide and seek with dad called....' '**I WANT & I DESIRE' CHILD TANTRUM FROM A WOMAN WHO NEVER GREW UP; NO ONE FORCED HER TO DO SO BUT MANY TRIED TO STOP HER IN A GAME OF SELF-DESTRUCTIVE CAT AND MOUSE; FINALLY ENABLERS GAVE UP AND CATERED TO HER INSTEAD OF FIGHTING ABOUT IT ANYMORE.** Getting caught in this game was no more to mom than a childish game of hide and seek. We all do that in child development until learning accountability for our actions to grow

up. Mom's and most adult children's root problem is they never grow up internally; outwardly, yes, the body matures but emotionally, mentally, psychically, inside the person remains a child of 4 who cannot or will not control her immature impulses or appetites. She would eat the whole candy store if allowed then suffer the mother of stomach aches only to repeat it again. American mass media advertising is without consumption governors. Kids reared on it never learn to control their desires or how to separate desire from necessity. As latchkey kids absent parental guidance and teaching that alone doesn't help them. Many parents never grew up either. America is a national day care and romper room of immaturity. I see it all the time for it is especially prevalent in today's youth, on mass media, in workplaces, society, ad infinitum. Religions historically are notorious for keeping flocks in the dependent childish state looking to religion as their surrogate parent for their religious opiate supplied by religion to adopted flocks. **An old Jesuit saw is, 'give me your children the first 6 years of life then you can have them back for I will own their minds forever....once a catholic, always a catholic'** Once an alcoholic always an alcoholic? What do you think irresponsible consumer mass media baby sitters are doing to those minds? Ayn Rand called these child mutilators 'Comprachicos.' The term today applies to all mass media, matriarchal institutions of education, govt, military, and society as a whole as it enchains the minds of billions to depend upon their enslavement. The deformations are invisible scars on their minds not outer body scars and deformities the original Comprachico's inflicted. If alcoholism is a social disease, there is the source of it: a sick dysfunctional society. AA maintains and enables the disease of alcoholism. Whether an addict self-destructs or not is a free will choice. To understand self why s/he makes that choice is key to freedom from it. Whether that choice is influenced by a modern Comprachico mindfuck learned before age 5 or 6 is moot unless each one of us realizes that the enemy is us not the bottle or addictive substances we choose to sin with but from not growing up and accepting personal, not group, onus for our lives. Only through self knowing and free will choice does anyone ever have a chance in hell at discovering the real devil in each of us that 'made me do it' or our personal freedom when released from that devil. Giving s/he a cop out excuse that it is a disease they cannot help is enabling the person to never look for or ever find the self-murdering suicide weapon. The problem with all these cults is they actively prey on people desperately seeking a remedy especially a quick easy fix out of the pain. The late Richard Pryor once said, 'when you spend your life addicted one day you wake up realizing that you wasted your whole life addicted.' Religious facets on skid row prey on the desperate and weakened ready to accept anything to stop the suffering and pain. When one is not for something the person accepts anything; and, a desperate person like that when drowning grabs hold of anything floating against going down the last time especially quick fixes. AA follows the same premise even in its skid row outreach programs. When one finally wakes up during sobriety s/he abandons the AA group. That is why members, sponsor's hoover the person or sponsee maintaining constant group conditioning and pushing one to compulsively attend meetings; to ensure s/he never gets that far. All cults do that to ensure cult survival not for member benefit. Organized religion does the same to stop congregation members from leaving the church. Members are watchful when someone loses their religion and tries to prevent them abandoning the dying cult church or AA cult. AA 100% recidivism is for that sole reason. Few people ever enter a church these days, and parents do not force kids into

church as small children anymore so the church dies as a turn off not meeting people's needs. American religions are closing churches at an all time rate as US loses its religion. Church bonds funding the cults pay outrageous returns because the investment risk is very high for a default. Congregations or members are only a means to the cult's end, which is survival of the organization, and their numbers decline rapidly. US religion notwithstanding all of its tax exemptions and taxpayer perks is steadily going bankrupt. So is AA.

Addicts do not need coddling they need understanding through tough love as incentive to help selves. However to some people, like my mom, even that is pointless. She's been in and out of rehab many times. When the watchdog is away the woman child is naughty at her play. When no one paid attention to her she self destructed to get it; that is known as childish histrionic behavior. Pets do that for attention, too. Often what ever excites the most emotion from owner like tearing up something is what it does. Getting into trouble is attention; the warm fuzzy or cold shot both are attention to the histrionic child, adult child or pet.

Hitting the bottom is the universe's way of applying tough love to awaken someone who has fallen 'off the beam' as it were. Substance withdrawal teaches one to leave it alone, to learn the lesson. Most people **choose to** do so. It must come to each person in their reality tunnel in their unique way, only, nobody else's. That is the whole failure of rehab and recovery industry as a whole mistreating a symptom not the person with a one size fits all cookie cutter rehab program not designed or tailored to each unique person's wounds with solutions for each individual's uniqueness. Rehab and MHC does not recognize or understand the dis-ease enough to treat it. This cannot be mass produced as clones from a master mold. The only benefit to mass produced rehab models is to the producer profiting from snake-oil. That is why self-knowing applied by each individual as spiritual self help works; nobody knows you better than you do. Sometimes a competent observer needs to help one find a core wound driving the person to escapism but only you know what goes on inside your skin and head. If growing up fixes what pushes one to addiction, then GROW UP!! Oxford and Bill W's bastard son AA both had a core of truth in that, surrounded by a sea of empire building and commercialized-distortions. However, commerce and empire building, profits & mammon are walls that came between the 'helpers and helped' destroying the whole. The booze and substance, recovery, medical, self-help books are all only after the fact cookie cutter models that fail. This includes all mass marketing subsets such as advertising, gov'ts, religions, mass media, Hollywood propaganda, political-legal oligarchies and more that profit and enslave us dependent to them; to keep us returning and paying them for more are a large hurtle against effective addiction rehab, too. Selling treatments not fixes or cures is profitable; but, pointless rehab that does not help a recovering addict except to stay that way. They do this only because we freely choose, support and allow them to do so. Their products and services exploiting human frailty sell so well because we choose to give them our power by using them in the first place; instead of voting with our feet and patronage to better options. Therefore, predatory-Comprachicos and all self interests profiteering from our surrendered power provide no incentive or encouragement for people to grow up, learn responsibility, accountability, personal or social onus, or to teach people proactive ways of living a better life: 1) because they are ignorant, greedy and it profits them to promote ignorance, laziness that encourages addictions and subsets

of them as quick fix solutions keeping the addict an addict. 2) these same commercialized interests peddle quick fix solutions to the problems they sold us in the first place as addiction enablers.

Love addictions, codependence, etc. are an emotional enslavement; so is substance addiction. The former are fantasies about relationships a person immaturely forms within self about what s/he believes is reality not what reality teaches about them; same for parenting; Aforewritten should be packaged in child proof wrapping plainly labeled: 'KEEP OUT OF REACH OF CHILDREN' then controlled and sold from under the counter. We are taught from birth to self sabotage our lives by serving the parasites controlling us & society, which includes all government, all religion and all mammon enterprise. To the immature, irresponsible, person, fantasies of magic think fixes mending failure is finding 'another magic, romantic 'love' or worse that will miraculously fix a failed marriage, failing romance, or troubled relationship. It never does because those lies never really worked in the first place; never did or ever will. Bringing children into the world cannot save an adult child from self or completely, fulfill her so s/he does not have to truthfully self-examine or grow up to face reality. When novelty & thrills end and when her fantasy fails, then the immature, magic thinking fantasy seeker dumps her mess onto someone else and runs to find self in a new 'romantic quick fix. She runs from self in a circle of repeating self sabotage disasters leaving behind a wake of collateral destruction. These thrill seekers often leave chaos and misery to her enablers left in the wake cleaning up her messes until she runs out of enablers then her world grows very dark. People push her away to say stay away from me loser. The freedom of subtle whoring has a high price: Misery. Substance addicts and thrill seekers look for codependent enablers and have children as unwanted innocent conscripts press ganged into her train wrecks looking for places to happen. The woman child is still stuck struggling as a two year old growing into an autonomous human being. Something shorts internally; the physical body grows up but the inner 'mind-body' remains stunted as an egoic self-centered toddler. When the reality of a child's sheer neediness & dependency destroys the immature woman child's beliefs that her newborn child can unconditionally love her, complete and heal her emotional wounds she dumps and runs away dropping another infant through the cracks to suffer her fate later in life. Probably as she was abandoned at that stage of child development by her caretaker. Today media is constantly filled with these moms abandoning newborn infants alive or dead into trashcans, killing them after birth or aborting them late term in buyers remorse. Children are long term commitments; but since a woman-child never learned commitment, evidenced by her history of failed marriages, and hook up relationships, abortions, her child also suffers in sins of a mother passed onto it; perhaps the child-mother is suffering sins of her fore-mothers? The phenomena is a disaster of biblical proportions in USA. A child has small chances of a 'decent' life when born as an addict to a substance addicted woman-child mother. The societal Comprachicos destruction's now surface before birth and after. The woman child has a baby for her sake not the baby's sake and that alone is bad news for the infant being enchain to mom for life, in toto. Compounding this more are crack and other substance addicted babies born to addicted moms. Painful detox is the newborn's welcome wagon to this hell. As if the shock of birth is not enough, now it must detox from mom's addictions after the cord is cut, taking sins of the mother passed to her child to an entirely new level. Spiritual dis-ease in US has never been so glaring as it is

today. Crumbling religious empires scream if people come back to god and church, they can fix it. They never did before or can now. They are a big part of the mess.

You cannot run away from self; wherever one goes there you are. Problem with not living in reality is that reality comes to live with you, which is why relationships in USA nearly always fail, and why myriad, sundry addiction runs amok in USA as a spiritually bankrupt nation in existential crisis showing up everywhere. People want to live a fantasy romance not romance life as reality. When reality as dirty dishes, diapers, bills, troublesome people, meddlesome CPS, unhappy spouse, govt, ad infinitum arrives she dumps duties and escapes into magic thinking. Eventually one runs out of places to run; there is no escape from a closed corner except through what one sought to escape when running into it. Moreover that is why modern recovery and rehab fail to work at all in most circumstances. Exceptions to the rule exist. The Oxford group's core idea still has merit; so does AA; practical application is the problem.

Bill W was a salesman's salesman, a con man who sold stocks in the crooked NYSE game, then he sold his bastard son AA to the masses for massive profit potential. Self help, helping empires bought into AA to grow and profit. One look at his spiritual and subset empires shows that plainly. Organized religion is not spiritual, either. It fails, too, as a fantasy romance masquerading as spiritual; same as AA. Neither can save America or anyone currently in spiritual or existential crisis. So there is a mass falling away as spiritual seekers look elsewhere. Spiritual is personal to each individual; it cannot be told it must be found, cultivated, grown and learned. Eastern religions gain popular inquiry. America loves foreign imports in everything else, why not that, too? They do offer far more from what I've studied than mainstream US religion ever has or ever will. Anyone who has lost their organized religion knows that. The true spiritual approach to a true spiritual dis-ease is not current cookie cutter rehab or religious dogma for profits model. Only through self help & self knowing absent preconceived notions about modern treatment model philosophy is that possible. The metaphor 'god' made man and man made religion says it all. All humankind is corrupt; so are all elements of its designs. People want fast sex, fast cars, fast food, fast entertainment, fast easy salvation, living life too fast. Even religion offers a quick fix out of self examination learning why one harms self and others with the 'forgive me Jesus' cop out. According to their dogma, if I ask 'Jesus or god' to forgive me for killing my neighbor then in heaven I am penalty free to kill another neighbor; just use the 'forgive me Jesus' card as a quick fix to beat the rap. Nope not in real life you do not; ever hear of karma? I am being facetious here but the abstract remains the same; what I should be doing instead of the 'Jesus fix' is self examining me for core causes of why I irresponsibly harm at all? Not seeking a pious get out of jail free card from a deity as politicians do from crooked US judicial. Then go on to do it again. Aforewritten plainly illustrates the spiritual dis-ease of the western world of which addiction is only a small part of a growing symptom.

The 'best use by date' on a milk carton is longer than most US romantic relationships or marriages, because adult children never learn the difference between reality and fantasy or necessity from desire and the give & take sacrifices required to make anything of value work. All relationships should be nested firmly in childproof packages with 'KEEP AWAY FROM CHILDREN WARNINGS ALL OVER IT!' Sold from behind the counter. Marriage, kids, divorce rarely benefit the couple and never do children of divorce benefit; they are the next generation divorces, addicts seeking relief

repeating sins their mother's passed to them, which her fore-mothers passed onto her. Romantic fantasies, in reality, only benefit profiteering, parasitic marriage industry and its endless subsets, such as the legal-political oligarchy of Divorce Inc., medical, MHC and Pharma services & products, after the fact damage control organizations of religion & MHC, rehab addiction counseling services, rehab and recovery, and modern buzzard clean up scavenger services all round, which include gov't CPS bureaucracies, compulsory public education, Human welfare & social services, child support, law enforcement, politics, myriad socialist bureaucracies, ad infinitum. Miseries of immature people mindlessly chasing romantic love fantasies, marriage and children fuel these parasitic monsters and the facets promoting them: the Hollywood-pulp-fiction-propaganda-mill, mass media & publishing fantasy factory productions that brainwash people since birth catering to self-delusions beginning with fairy tales told to infants.

People drowning in consequences from living learned helplessness from lies taught to them since birth by irresponsible & immature parents, society and all subsets producing and peddling them. AA is simply one more aspect of warring human frailty in never-ending wars so easily started, undergoing a lifetime of struggles simply as damage control cleaning up current messes before facing the next one. ie: the AA alcoholic just released from the drunk tank the third time this month who cannot recall why he was there until the presiding judge reads court charges against him before releasing drunk tank king back to county rehab, which includes AA 12 step program, because other rehab options don't exist to him except prison. 'a true story BTW.' Addiction is a war within self that never ends until one chooses to end it, proper.

When the US civil war ended with the South in total ruin and destruction, the first profiteering parasites and scavengers to arrive immediately after armistice were known as 'carpetbaggers' crawling in to exploit and profit from massive, sheer inhuman misery of a civil war aftermath. All current aforementioned claimed 'help' is nothing but 'carpetbaggers' perpetuating, and profiteering from human frailty and misery. AA is no exception. The whole program is about extracting resources of money, time, free labor, ad infinitum from those the cult claims to help; using guilt slogans of 'you are returning to AA what it gave to you;' 'AA invested so much in you' and 'addicts helping other addicts' through sobriety. Don't volunteer? Expect guilt tripping or other strong arming until you do. Beyond moral support not much more than that actually benefits anyone when an addict helps another addict. Truth is that when one cannot help self, helping another often creates more harm than good and a vague self realization that such 'help' is nothing more than a deaf, dumb and blind pied piper leading one astray. The only help a recovering addict ever gets is in self-care through self-knowing that the problem began with self and must end there as the only solution.

This is a case of doctor 'heal thyself, first then prove it to me.' I believe Jesus said something to that effect along with 'I am the lamp & light unto **my feet and path** [not yours], which got him into trouble with the Pharisee church parasites making a living off spiritual seeking masses selling them box seat and concession tickets to heaven, which remains common church practice. When Jesus told the masses they did not need the Pharisees, and that everyone has a direct bat-phone to heaven and the Pharisees were charlatan ticket scalpers, Voof, all hell broke loose and the rest is history of what authorities do to troublemakers like Jesus when revealing awkward truths about corrupt religions and their minion puppet governments. I think old JC would prefer today's cancel

culture to flogging and crucifixion for speaking the truth. History is full of martyrs just like old JC the Nazarene exposing the greatest fraud ever sold and still selling well as street-cut dope to unwashed masses.

Moreover, when one learns anything it is self taught and self absorbed. Teachers at best are superfluous, subjective-mid-level, overhead. All knowledge is passed on that you must personally understand to absorb. None is poured into you. You either opt in to learning or opt out of it; yes everything influences that wisdom but only each individual learns anything to make practical application or meaning of it. Same goes for ALL addiction. You learned it as a habit. You can unlearn it. There is not the way; only your way and that is why other people's self-help rarely works beyond a suggestion of different perceived opinions only; it may give you other ideas to try that one never thought of but personal interpretation per your perception only about how you learn and/or use it makes the idea work for you.

We all exist in our unique reality bubbles in a shared reality with everyone else, mostly. That is why other people's philosophies, ideas, 'isms' don't click into personal understanding because our perceptions and shared realities are independently interpreted differently. You look at a sunset differently than anyone else on earth; so does anyone else. One can memorize by rote brainwashing and repeated propaganda as shared knowledge but that is not learning. Learning is interpreting or understanding content as practically applied in your reality; only experience in most cases provides that wisdom. A car mechanic or surgeon can gain a general knowledge abstract to repair a car or remove a ruptured appendix from a book or classroom; but, only experience from actually performing these tasks complete with messy trial and error becomes successful wisdom in the shop or operating room. A method like AA lists vague, iffy steps to sobriety through literature, member stories, and advice either requested or not, ad infinitum from AA's one size fits all philosophy; but, only each addict decides what works for s/he and only in his or her unique way from personal experiences as understood only from within each person's respective, reality tunnel. The way does not exist; only each person's way works. One can build from previous passed on knowledge the wisdom to progress forward but that ability is unique to each individual.

My personal experience with AA was this; it was interesting as only an experience in what did not personally work for me. That experience taught me the most in finding out what was effective sobriety acquired in my way only. First group meeting was in a meeting hall annex of a larger Methodist church complex. First tip off that it was religious instead of spiritual was their routine ritual protocol resembled a Sunday go to meeting church service. Instead of a cross or Jesus or 'god' icon, Bill Wilson's picture hung high on a wall as group deity behind center podium pulpit. The service began with an open group vocal serenity prayer of mixed verbiage within a biblical christian prayer. The meeting ended with the same ritual. Next was new member canvassing among the congregation asking us to raise a hand if you are new to AA. Once identified we were asked to stand up for recognition by the group. Added to that was anyone who fell off the wagon come up in front of group and give up the progress token awarded at last stage of sobriety progress, which is a step back. The same ritual is performed when receiving the award as a step forward. Giving it up is the same ritual as a clandestine group shaming. All I heard was group this, membership that, nothing individual just collectivism. Next the senior sobriety members identified selves as a public self pat on the back resume &

boast. Lots of egoic hubris establishing the pecking order in the high seniority clique. Then a spokesperson began reading scripts of 12 steps, 12 traditions, Big book readings, all but singing hymns same as a church service. Then onto story hour open forum from the floor. AA is likened to church membership for derelicts and outcasts pious status quo religions would not allow to enter their self-righteous congregations or buildings. AA is church for those of a lesser ‘god’ as it were. I have attended those type hypocritical churches in USA and understand exactly what aforewritten means where status and wealth are all that really matter to churches, notwithstanding contrary claims.

For example, in my area is a large Asian population. Among them is a very large Catholic church and many Buddhist temples. Asians are mainly Buddhist. During Chinese New Year, which is a holy tradition among Asians, the many temples are filled beyond capacity. To raise revenue, the church hosts pagan celebrations on church grounds. For those of status and prestige who pay well, celebrations including dragon dances and more pagan rituals are held inside the main church building; for the unwashed rabble, a similar less spectacular pageantry is held outside in the open, weather permitting on the parking lot and grounds where the church collects less income. The double standard is quite evident and so is the hypocritical intent in seeking and laying up earthly mammon churches preach against to congregations. When paganism pays, organized religion is not fussy about indulging in sins when doing so benefits Pharisees. If Jesus were alive, he had anger issues like any man or woman, I think he would have had a tantrum about this pagan practice as he did about the flea market on temple grounds enhancing Pharisee living standards millennia ago. Bet watching JC go berserk would be more entertaining than the Dragon dances.

I once as a wage slave wrestled with working on the Sabbath and spoke with the church preacher about it. He hemmed and hawed a long time before in sum saying it's okay so long as I render unto Caesar what is Caesar's and unto 'god what is god's....' In other words, as long as the church gets its tithe, who cares if it's sinful or what 'god' says.....the church can change rules at will when it suits to exclusive benefit. Needless to say I figured out the whole hypocrisy of organized religion early in life and looked right through AA almost as quickly. Mammon talks while poverty walks like any poor person can tell you.

¹The whole AA assembly is comprised of cliques within cliques. There are many gray areas that change on a whim like at the church. If one wants to grow in AA joining the right clique in power and towing the chapter party line on your knees is a must, and money too, lots of money preserving status quo. Political infighting and dissension is rife in the meeting hall and amongst different competing halls jockeying for power, regional control and most of all expanding **paying** memberships supporting AA political machine. Infiltration from other groups surveying this from inside is acute. The hall conducts fundraiser events inviting speakers to entertain the group as social entertainment for reciprocal love offerings returning to AA for what it so generously gave to you. It peddles All manner of merchandising from books, inspirational media, pamphlets, retreats, etc like any cult or church. Group volunteer work donations in labor, money or in-kind resources are pushed hard on membership. Politics of the in and out crowd of ‘us against them’ like clique rule within high school & status quo religious congregations is prevalent. A lot of covert and open Neo-age sexual predation goes on similar to the ugly ‘meat market’ club or bar scene. Gossip and backbiting are part of that, too. ‘I

don't mean to gossip' or 'this is not gossiping' as member denial preceding gossip I suppose is to excuse member guilt from tittle-tattling breaking AA rules. In my book if you gossip it's because you meant to do it. Disclaimers don't excuse it. Actual obedience to prohibitions against gossip during or outside of meetings is iffy at best. One member told me some cliques have a code language they use amongst selves when in public places to cover up gossip activities.

What annoyed me greatly was the phone calls just to check in or break boredom filling time. In one instance my sponsor called me while he was driving. The conversation was a blow by blow of his stops and turns making the in town trip to pick up his daughter from school. I was busy and did not wish to waste time or phone minutes, so the call annoyed me and I ended it proper; a phone is tool to use when needed not as a toy mimicking Bill Wilson. Bill's original intent was to call someone as a distraction against drinking again not as busy work while driving. In Bill Wilson's written and cinematic bio that part is clearly shown with phone calls as his distraction and savior against drinking when stinking thinking hit. Or saving members from a drink when they call him. This group was heavily into pretending to act out stars of a rerun as Bill Wilson's bio and history in a very bad movie redux; not progressing AA history in the making. In many areas where I live it is against laws for a driver to use the phone while driving especially in a school zone. Too many kids have been badly hurt or killed by inattentive drivers using cell phones driving in school zones. It endangers offending driver, pedestrian and other drivers safety. It seemed to me too many members play-acted as celebrity Bill W. mini Mees and wannabe copy Kats lacking a persona who replaced that emptiness mimicking AA's idol. Kinda like a Star Trek club dressed up as their TV celebrity idols Kirk and Spock attending a church. The whole thing was creepy, phony and unreal. Sponsor's also throttle a person's progress through step and other rehab processes slowing him down against leaving and to support the hall and to give time for membership to get their hooks into the person for control and effect. Much of it became boring to me for that reason.

The hubris and ego especially among some of the senior members was nauseous. In one instance I fell off the wagon from an impromptu binge. It happens. Hung over thinking hair of the dog that bit me cure for my misdeed, which was actually an excuse to drink again, I tried following the instructions newbies get from members and AA hall that constantly preached as emergency damage control to call someone there in such instances; many of the old heads on an ego trip during the love bombing phase give each newbie an impressive 'I'm important' business card with a personal hand written message on it to call the person who gave you the card as a sobriety friend of trust, or call an individual on a back up list provided by the hall who can guide you back to sobriety when meeting hall is closed. Otherwise come to the meeting and it will not happen. These egoic friends make a grandstand histrionic scene letting everyone in group clique know 'aren't I a true AA believer and good guy or girl?' Doing this publicly gains the person brownie points in their respective clique as well. Some are convincing actors of their well played dramas. I had heard jokes from some of these saviors who had caught a 'wet one' in the rest room..... A wet one is AA code for someone found in the hall drunk or still 'wet' from drinking. All that should've been a tip off of what was to come for me. A couple meetings a member full of liquid courage, not caught as a wet one, told off the whole lot after coming to the realization that AA is a fraud. Nobody rescued

these wet ones. He was ordered to leave immediately by moderator, which was not a good idea since keeping a drunk in there until sober enough to drive or until finding a designated driver to take him home was the safest thing to do. That was our superman saviors rescuing a 'wet' one. Once where I worked, a company nurse sent a drunk man from the job home. He had an accident, she got fired, company got sued, nothing happened to the drunk except AA and probation. Go figure. Ms Trudy was a good, kind woman who made a bad judgment call and got tarred for it; so did the company. State laws changed making bars liable should a drunk from their bar allow a visibly drunk persons to leave if there is a danger they might drive, as part of MADD's legislated morality influence on lawmakers using emotional appeals to do it. None of their hype stopped or slowed down drunk driving one bit. It did increase lawsuits against other parties who were made liable for someone else's behavior. Public outcry over these wrongheaded, misguided laws eventually faded away but not before a lot of innocents were harmed first. I'd rather encounter a drunk on the road than a driver on a cell phone. Someone texting is as or more danger to self and others than a drunk.

I called the number on a card from one of the senior sobers with claimed 40 years sobriety as my 'sobriety friend,' got no answer but his answering service took the call instead. I left a message. He never returned my call; I called many numbers on the back up list with no answer. The last one on the backup list answered; his advice was go to a meeting when you can get there. I got through it alone and went to next meeting as I had originally planned anyway. I was freshly sober and worked the plan hoping for advantage from it. To my surprise during the next meeting the 40 year guy I called first arrogantly, publicly commenced to make a big ha-ha joke condescendingly denigrating the 'drunk' caller to the group. That was the emergency help line for recovering alcoholics in AA. Alcoholics helping alcoholics to recover per another AA slogan 'that only an alcoholic can help an alcoholic.' Some help. I was not drunk or drinking but fighting temptation to do so again. I blew up and interrupted him by screaming, 'that was me you egoic, asshole!' I can see this is not where I belong, got up, and headed for the door.² Embarrassed, he left his chair and quickly followed. Physically blocking me at the door from leaving, then he vociferously, defiantly in an inquisitor's accusing tone said, 'you had been drinking!' He egoically had to be right about something. Yeah, asshole, 'that is why I called doing exactly what you wrote on this card and the group constantly preaches members to do!' Then threw his card at him and pushed him aside, then walked out never to look back or return. You see that is part of the all for show, phony Copy Kat behavior group mimic following Bill Wilson's bio recovery example against drinking using the phone to do it. When those 'wet' ones came to a meeting and vented their frustrations with AA membership that I later experienced, I understood full and well what their tirades meant about the hypocrisy so prevalent in that AA group, and why membership numbers were falling. They vented in the only way they could to get their rage off their chests. Later my sponsor called about coming back. I wanted to say kiss my ass. Instead, I politely said, 'your cause is noble but it's not mine.' He blew up and began verbally, abusively, bullying, guilt and shame tripping me privately over the phone. That the hall had invested so much in me.....then resorted to crazy-making. I hung up, blocked his number then set about digesting the experiences for months. These people were trying hard to micromanage and control me; resisting them met with hostility, aggression and more. Calls came in for weeks from unknown numbers, which I blocked and did not

return or answer. It was AA members whose numbers were on the hall phone list available to all for use as reserve and backup sobriety friends in emergencies. I assume my ex-sponsor put them up to it. Only one caller left a message on my answering service as encouragement saying only: 'That needed to be said.....' then hung up. Fortunately none knew my whole name or where I lived but the hang-up calls continued for a couple of months before finally ending. The cult was not letting go. I walked away and never looked back.

Just for grins and giggles, I did a net power search about AA cult. Found many sites of posts more or less like what I experienced. One extensive, and I mean EXTENSIVE site named 'The Orange Papers' provided a wealth of information I only wish I had found before ever setting foot in AA. All I knew until then was the smiley face mother Mary propaganda the cult wants put out to the public while censoring any dissent. Then Charley Sheen hit the big-time exposing AA as a bootleg cult, he is right. Bill W. purloined it from the Oxford Group then bastardized their program into AA as a profiteering enterprise. AA responded with mud slinging in a character smear, which said volumes about AA character not Sheen's. One does some things one time to learn never do them again. AA is one of them.

I learned more about practical recovery from a self-help book about addiction which extensively dealt with alcoholism rehab than anything gained during the months of AA meetings. It was an 'everything you wanted to know about alcoholism but did not know to ask' type publication. Brutally factual and honest in toto. The only lesson was AA did not work and was a bad head trip of mind games, crazy-making, gaslighting, guilt & shame trips and coercion against questioning the cult or leaving it. The meetings were social settings for shop talk visiting & gossip, AA propaganda-reeducation and little else. How disturbed addicted people are supposed to help other addicts except for birds of an experience moral support remains a mystery to me still. Stinking thinking logic, methinks. Like marriage; if the spouse cannot take care of her, what in hell's name makes her spouse think she can help him or her should tragedy happen? She runs away and divorces you when needed the most. AA is that in toto.² It takes, takes, takes, returns little to nothing tangible then when trouble strikes it runs away screaming this is all about me sucker.

During my tour of duty at AA I attended 3 meetings per day spanning one at noon, dinner time at 6 pm and the late night at 9 pm seriously working their program. Drop out rate and recidivism was high, newbie turnover was more than that and now I know why. Most hit the wall quickly and is why sponsorship is pushed so heavily to keep close monitor of sponsees to stop them from leaving when that happens. That explains the rush for a visitor new to AA during love bombing to choose a sponsor as a watchdog to stop new members from figuring out the fraud before conditioning or other had its hooks in s/he. It did not stop me from goodbye after I saw the real AA. The hall had a very high creative mind and quality people drain from burnout and frustration with hall politics, etc. AA was a Peyton's place nightmare for me. Some of the people were nice and helpful with subtly dropped warnings conveyed as vagaries; it was up to me figuring out interpreting their meaning and particulars; they were diehards who stayed mostly on the fringes reserved for the outsiders who avoided the cliques. For them, AA had entertaining social value as buffer against loneliness and nothing more. I'm a loner and must have solitude to function and think. Loneliness was a challenge for some on the

fringe. Just being in group proximity but not inclusive soothed their discomfort. But being excluded from the main IN crowd due to cliquish politics had a price for the AA hall's political elite. Little to no fresh talent or new blood. Turnover was high but a few diehards remained for different reasons than AA dogma. Same as churches. Many unbelievers go simply for the social comfort of other people; if better existed they would be there instead.

Some of the stories were amusing, a few informative, but mostly an ego competition between members who could be the most entertaining in a show of bad comedy club histrionic egoism. An unforgettable experience one cannot get anywhere else. Many on the fringes came just for that and nothing else. One said it's good fun for a buck in the collection plate; cheaper than a movie or bar and the coffee is free. One takes their blessings where they find them, I suppose. These people would've made great people watchers at a sidewalk cafe noir passing time watching human antics of street populations at large.

Some visitors were predators on the hunt for a sugar daddy. In one memorable case, a young woman about 25, began her story time diatribe with where is mine? Where is my husband, family, nice home, fancy vacations, nice car, clothes, American dream, blah, blah, blah.....entitlement, entitlement ad nauseam. Every woman wanted to gag her for exposing in brutally honest terms a modern woman's psyche. Every man made sure all windows and exits were open and clear..... Silence for about 5 minutes followed her rant. Never observed any sexual predators sniffing around her from then on. There were divorced women with kids looking for rebound sugar daddy relationships for support sweetly asking first question of 'what do you do?' Answer with an unsuitable reply, she disinterestedly drifts away pronto. One of the other fringe members forewarned me with a vague innuendo, you must be careful helping these women while looking at her in particular, then left it at that. In this case she had posted on the bulletin board that she was newly divorced with two kids should anyone be interested....., which left her statement dangling. Interested in what? Aforewritten answered the question. More entitlement. A wedding ring, then early retirement.

The courts forced many people to attend AA at the meeting hall where I visited. So did no frills baseline charity rehab services such as county mission and drunk tank rehab, a religious charity mission rehab, Salvation Army and Goodwill rehab services and more. A bus would pull up to the doors forming a cattle chute directly between bus and meeting hall against attendee escape while a uniformed toady monitored and did a head count during bus off-boarding marking each one on a clipboard mounted checklist. Ditto for on-boarding after meeting ended. An AA hall staffer monitored them during attendance as a door guard and had to sign off their attendance card, which was a bus pass and proof of AA attendance to rehab authorities and courts that sent them. Sometimes one was missed and the frantic search for someone to sign their card ensued after the hall was locked and staff had left for the day. The bus could not leave with that person without a signed card proving AA attendance. People wasted no time in leaving after a meeting especially during inclement weather. I hung around waiting for traffic to clear and signed a few cards on request after hall doors were locked before realizing what the whole affair was about. Guess they thought I worked there. It was evident these derelicts had been through hell and back. Must've been okay never heard anything more about it. Chaos was rife on those days among regulars, visitors and conscripts press

ganged to attend. On those days two busses arrived during the day one each at noon and an after dinner meeting bus. Bused attendees were not happy and let it be known, rudely, openly and passive aggressively. Seems AA gained authority in the courts, among other institutions, as endorsement. Perhaps it is effective therapy for some; exceptions exist to everything. Those who cannot afford the Betty Ford and Cadillac rehab pampering paid for by insurance get county and charity bare minimums, which include AA. Insurance declines most rehab and MHC claims these days. Shrink psychologists, they are not real doctors just ask their mothers, demand cash on the couch, which drives many away from the so called MHC provider crisis. Those bussed in from courts and county are the three strike losers doing last call rehab before going to the big house. Every little bit counts to AA in a one step fwd two steps back membership dance. I naively walked into the place believing the PR propaganda that it could help and worked. A coworker recovering alcoholic said it worked for him and endorsed it. Otherwise I would not have messed with it. Experience and a butt load of pain were my best teachers.....

In rare cases when the hall can find volunteers willing to do the duty, an AA hall member goes to the rehab centers to conduct meetings with the inmates selling AA hoping to convert new members. Bill W. did that too per his biography. I was being groomed for the duty to release the guy who was guilt tripped into temporarily doing it a year before; I sensed a set up and declined. The rehab center was in a part of town I never knew existed and never wish to ever see again especially after dark. AA uses lots of guilt, shame and other intimidation to prod people into such duties at their personal cost for all resources supporting the cult outreach in toto. The guy doing it had to buy AA pamphlets and propaganda materials to give out free to the inmates at the outreach center promoting the cult. It gave the hall bragging rights. Members who are people pleasers and cannot say no are exploited meat in this game. I gave the guy a twenty and said, 'your cause is noble but it is not mine.' Then left it at that. The temporary sucker quit. The outreach ended without another sucker to fill the vacancy. I did not get to where I am in life seeking popularity or worrying what other people think of me. I march to my drum. 'We are so disappointed in you for dishonoring our outreach' came the guilt tripping that followed. Why didn't you do it slick? Silence is the best reply in such cases..... The next hypocrisy sent me out the door for good.² I was already primed and ready to blow; serving as joke of the hall at my expense just lit my fuse.

Every movie and celebrity PR endorsement adds more fame to AA simply as an subjective opinion only. They come hard and go quickly for the same reasons after one sees through the ruse. At first it appears like a good idea that works on the surface. Scratch through the outer facade and things are pretty rotten beneath it. For example some actor named Charlie Sheen cooed AA accolades during his love bombing phase, but when novelty ended and he learned truth of it Sheen publicly turn against AA. Sheen was 100% correct as anyone who has been through AA and lived to tell their tale will attest. AA replied with slurs and character assassination calling him crazy and such; like mud slinging politicians during election years. The cult vociferously seriously guards its unearned valor attacking any dissent revealing truths that do not support cult agenda as 'stinking thinking.' At least they don't shoot people like in Communist China or Russia for dissenting the party ideology, yet. Cancel culture seems to appease the mob. One can never understand AA in his or her way unless actually experiencing the cult first hand then forming a personal subjective editorial assessed over many visits. Sheen hit the nail

on the head in revealing his negative personal experiences publicly about AA, not as someone with a hammer seeing everything as a nail. In his case, Sheen, only hit the nail. I could identify with a few of his laments; it's different not being a celebrity and star but not by much. AA love bombed and pandered to him bribing his good opinion and review until it backfired on them. Then attacked Sheen like it did me when he saw through it and voiced the truth. I've read many personal accounts from other people and some of it clicked with my experiences and some did not. AA members use a lot of tribal buzzwords to impress people that take time to figure out; a big one is 'resonate,' which means different things to different people. Group tribal language in AA is another vocabulary that stands alone within that culture. In my opinion AA is a cult like organized religion, airport lobby Moonies, and Krishna's, etc. Their survival depends upon desperation doing what desperation does selling convincing lies for their causes.

¹Another aspect of AA at the hall I attended is censorship. Every meeting begins with the disclaimer that this is an adult forum. Anyone with children easily offended or other please either leave or go outside if adult language and themes upset you. Some of them were tragic and raw. At one meeting a woman in attendance with limited vocabulary took the floor to describe her experiences with alcoholism. Voof, they were hard battles is an understatement. She liberally used the F**k word to express her trials and tribulations. She had a potty mouth. Her delivery was a bit colorful but effective in its message. Before she finished two senior hall members were by her side and immediately escorted her into the hall outside the meeting room. They scolded her about language lamenting about what would new people in attendance think of AA..... She left and I never saw her again. Curious, I asked my sponsor what was up with that? He told me the story and I said, 'as a new member I am appalled at AA's cancel culture censorship; she communicated in the only way she knew how the only way she could. Punishing her was unacceptable for I have heard stuff far worse during meetings out of the older heads of the group.' Never heard anymore about it. Seems AA is more concerned with its public image than helping the people it claims to represent.

Another beef is panhandling. Alcoholics can spin some poor little me pity pot yarns when begging for money and none are bashful in the least. Learning to say, 'I cannot help you,' as self defense after helping a couple with spare pocket change, which branded me as an easy mark and magnet among the hall moochers grapevine requesting rides, money and anything else mooch-able. In this case the guy asked for bus fare for him and his old lady who he claimed were both clean and sober experiencing hard times. I gave him pocket change for bus fare. Then he pushed for a ride home. I muttered, 'can't help you' then turned and walked away ignoring his protests. Have you no self pride, dude? One warning given during meetings from time to time is never take one home during an altruistic inspiration. Then followed the warning with horror stories about unfortunate members who did so. Never do this while undergoing the 'admitting our faults' step process drudging up old dirty closet skeletons from the past. That is a very guilt ridden seriously emotional moment for some people seeking redemption from their sinful ways, as it were. That kind of remorse causes naive people to do very unwise things before it sours their milk of human kindness. When addiction is talking people do some very rude and raw things repaying kindness. A hooker is very seductive when her addiction is talking. Just because you are kind to others does not in any way mean others will reciprocate in kindness. Some people are very narcissistic, sadistic, mean, cruel and

unkind simply for the sake of being evil. Meeting hall moderators, do a thorough search of the building before locking it up after every meeting. Burglar bars on all windows, an alarm system with everything locked up or bolted down and steel entry double dead-bolt locked doors throughout are telling reminders of why. Seems some enterprising addict after a meeting hid away undetected in the building and ransacked the place even taking bathroom toilet paper. Security cameras recorded the heist but nothing was ever recovered or the perpetrators caught. Police did their best responding to silent alarm but the thieves were out and gone by the time they showed up. They called a standby moderator to open up and survey the destruction inside, made a police report then left. The better sponsors also warn new people to never get involved in romantic liaison with opposite or same sex recovering addicts at all; followed by more horror stories of those who did and lived to tell about it. At many a meeting someone invariably tells his story of meeting his best friend⁵ and new wife there, then after a few weeks whirlwind romance of conjugal after each meeting, They consummate the union to marry. 3 weeks later as pity pot revelations to the group he cries the blues singing another she done him wrong song before the membership shaking their heads while groaning at the drama. Warnings notwithstanding, some people must learn the hard way. Addiction is very seductive when talking. It is best to learn from other people's mistakes and avoid the creative suffering of going through them the hard way. Warnings abound as the best advice unheeded and later regretted. Some of those cult women can be very seductive when she wants to be without shame or bashfulness. Some people are needier than others and she can spot a mark miles away. So can predatory cults attracting the needy to them like moths to a lighted candle with same consequences for the moth flying too close to the flame that burns it. Same applies to the ex-cons, hookers and ex-hookers looking for easy marks where needy souls congregate. Some addicts are dependent on a mix of different drugs at once and still have friends that tempt and supply them back to the old path. The addict like that is very unpredictable and dangerous to the naive and trusting. A lot of both existed at the AA hall where I attended. She already sold her soul and body for a fix; anything else she can sell is gravy. If she does not kill or maim you her friends will do so just to get a fix. Many are still practicing street prostitutes making a living out there and living with his or her pimp. Meetings were segregated women on one side men on the other. Mixing was discouraged. One night while leaving for home a woman came up to my car and said, 'want to buy a good time?' I naively asked what? She hiked her short dress without bother of wearing underwear to show me her goods underneath. Nice tush, but no thanks. Then she turned and headed for another man in an adjacent car. It was all business, nothing more. Most of the people in that meeting hall were cons, ex prison inmates, with a sordid history of drug related criminal activity to support their addictions. I once naively asked the group is anyone here not a con? The question brought titters and chuckles as an answer. Ever feel like a hen in a house full of starving foxes? AA was a one of a kind experience not available anywhere else, which is an understatement. For me it was a head trip masquerading as a nightmare.

'Drink responsibly' is the consumer warning on a beer can or booze bottle. Drinking causes cancer, high blood pressure, troubles with the law, out of control loss of one's life, marriage failures, job losses, heart trouble, diabetes, kidney disease & failure, gross suffering and merciful death; the list is endless and all they put out as warning is 'drink responsibly.' Covered up with massive in your face advertising that drinking is

sexy, cool, fun, beautiful, and drink to be your level best. Lies like everything else, which is the point of this essay. Go figure.

3

The Snake

Xen.
3rd

A man driving along a country road one cool night accidentally



hit a rattlesnake lying across the warm blacktop. ‘Oh, no,’ said he I have injured or killed an innocent creature. He stopped the car and got out to investigate. The badly injured serpent was barely alive. ‘I cannot leave my mistake here to die,’ so he scooped up the injured rattlesnake, placed it into a shoe-box then carried it home. For weeks, playing an imagined savior complex he nursed the animal, feeding it live mice purchased from a local pet shop just for that purpose. The serpent over weeks regained strength and soon was vigorously active buzzing at the man at feeding time or when he got too near it. However on the last feeding, instead of eating the mouse hand fed to it, the rattlesnake repeatedly bit the man’s hand. Before he died, the man exclaimed, ‘how could you do this to me? After all, I have done for you over these weeks saving your life and you reward me like this! I should have left you to die on the road that night...’ As the serpent slithered away, the rattlesnake coolly hissed, “stupid man - before bringing me home you knew that I was a rattlesnake.” Moral of the story, mister you knew she was a broken addict with dubious past when you brought her home.

The Sage and Scorpion

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A sage and his disciple resting by Ganges River noticed a scorpion floating by thrashing about in the water. Sage reached out, plucked it from a watery grave and placed scorpion onto riverbank. The animal stung him. Bye-the-bye, Sage noticed another scorpion drowning in the river. Again, he was stung for saving the beast. The student asked, “Master why do you save those wretched creatures only to be stung in return?” The Master replied, “The nature of man is to help; the nature of scorpion is to sting...” So often in life, that is how it goes with all things. Because one is kind to others never means that they will reciprocate in kind. Moreover, calling anyone a horse’s ass never changes a person’s nature; however, because someone else is a horse’s ass never means I must be one, too. Furthermore, never argue with a fool; first, the fool has more experience, is better suited at it, and will beat you with experience. Secondly, observers might mistake you or me for being *the fool* ☺.

Ship of Lost Souls

7th © Xen.

Ah! Our new passenger! Welcome aboard *Ship of Lost Souls*. First journey you say? Then – please, have my seat; it is warm. I shall move over a bit. The

first time always is so very cold and mysterious. Darkness lives here and cloaks us always. You will adjust to it... eventually. I have been riding this vessel for... cannot really say... Time is nonexistent within netherworld. You see, once underway no one can disembark until permitted. We stop, now and again, only to let souls on or off. The atmosphere here is leisurely and we have no needs at all, which affords one much time for self-reflection and serious, inner soul searching. Self-knowing before re-embodiment allows for little else. That is why conversation is, nearly, non-existent. Darkness and silence are constant traveling companions. Believe me, we dearly need them. Without exception, everyone eventually rides Ship of Lost Souls. Every passenger pays a fare to the Ferryman that is unique to each individual. While embodied none of us completed healing processes allowing evolution out of *soul transmigration*. You may be acquainted with it as reincarnation. Once closed, however, one becomes worthy to choose release from corporeal realms and transcend home. Introductions all around. Across from us is a soul who spent life enslaved to casinos; I was an alcoholic and cuckold spouse whose wife deserted for another and I arrived here by suicide; the spirit next to me is a jilted bride, deserted at the altar, that never healed her heart wounds before passing. Lost love claims a majority of passengers, BTW. The essence next to you was a very rich king corporeally bound to mammon; reasons do not matter though; they only purchase one's ticket aboard Ship of Lost Souls. All passengers as corporal bound consciousness cannot leave the circle until overcoming spiritual chains forged over lifetimes. I have returned for different reasons but always the same cause: unfinished business from one reincarnation that required undergoing another one. A circle has no beginning or end - only an entry and exit. Complete closure is the only *key* unchaining release from this nether world prison. Reasons for being here remain infinite; passenger manifest is - endless. Fools constantly come and go; therefore, this ship never fills or empties on its immortal cruise. Strangers do not exist here - we are one. Every countenance is familiar: our reflection self-mirrored from every *wounded heart* around us. At a destination unknown, I will again off-board while passing alongside on-boarding individuals, as will you and the other passenger's at your respective stops, never looking back upon this crossing; but eventually, perhaps, returning for another trip or better yet, hopefully, heal and transcend the circle. *All aboard!*
- *Ship of Lost Souls.*